

Mahtomedi Public Schools
Independent School District #832
1520 Mahtomedi Avenue
Mahtomedi, MN 55115

Regular Meeting - Board of Education

Date: February 11, 2016

Agenda Item #9. B

TOPIC: Employee Health and Wellness

BACKGROUND: Since reconvening in 2013, the District Health and Wellness Committee continues to find new ways to support staff morale and overall wellness. During the 2014-2015 school year the committee coordinated one of the keynote speakers for the fall, back-to-school program. Nick Buettner spoke to staff about his organization's research into Blue Zones (<https://www.bluezones.com/>) and the action they are taking to promote health and wellness globally through the Power 9 ® (<https://www.bluezones.com/live-longer/#power-9-reverse-engineering-longevity>) - "shared traits of the world's longest-lived people." Through fun activities and friendly competitions, the committee emphasized several of the Power 9 ® traits throughout the year

Wanting to focus specifically on the need to manage stress, the District Health and Wellness Committee invited Dr. Justin Nye, owner of Woodbury Spine Wellness Center, to be one of the keynote speakers at this year's back-to-school program. Dr. Justin shared how to recognize when stress is turning into distress and gave tips and techniques staff could use to reduce and manage stress that cannot be avoided. The program continued with a catered lunch by CKC Good Food. One comment from staff after last year's Blue Zone presentation was that it was unfortunate that the lunch following a wellness presentation was not what would be considered healthy. CKC served three healthy salads, whole-wheat rolls, fresh fruit with yogurt dip, and fruit-infused water. Finally, the morning was punctuated by drawings for three FitBits for staff that attended the luncheon.

The District Health and Wellness Committee received approximately \$10,000 from PreferredOne to support programming and incentives. This year, Blue Cross Blue Shield and the Southeast Co-op, nearly tripled these funds for the health and wellness-related initiatives. While Dr. Justin donated his time to speak to the staff, some of the funds were used for the catered lunch and prizes.

There have been several wellness-focused activities already this year. For the November 25 Community of Learners staff development session, Dr. Justin returned for a follow-up presentation, Laura Brandt taught a “Self-care with Yoga” class, and Ann Brooke and Trena Noble co-taught a “How to Zen” class. All staff were invited to participate in a Wellness BINGO game in December and random winners were selected to receive prizes that included Trader Joes gift cards, clean eating cookbooks, Dick’s Sporting Goods gift cards, and FitBits.

To start the new year, the District Health and Wellness Committee will concentrate on its communication plan and emphasize to staff several of the health-and-wellness-related resources available through Blue Cross Blue Shield. The group will also investigate possible online health assessments, or possible testing/screens, from staff to gather data. Due to the increased funding, the group must re-evaluate its purpose and utilize data from health assessments/testing for future planning. Finally, this year’s finale will be an 8.32K walk/run for staff and their families. Details and a tiered training program will be shared with staff later in February.

PURPOSE OF PRESENTATION: The purpose of this presentation is to provide the Board and community with an overview of the district-staff health and wellness initiatives for the 2015-2016 school year.

LEARNING OBJECTIVE: As a result of this presentation, the Board will have an understanding of:

- Wellness committee members
- Financial commitment made by the Southeast Co-op to support this initiative.
- Prior programming and future plans for the 2015-2016 school year.
- How the committee will work with the co-op to better understand what data is available or could be collected to target specific wellness initiatives.

ACTION RECOMMENDED: Discussion Only.

Submitted By:

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Name

Human Recourse Supervisor

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Title

Concurrence By:



Dr. Mark Larson

Superintendent of Schools