**MEETING MINUTES**

**DISTRICT WELLNESS COMMITTEE**

**MEETING DATE: February 29th, 2024**

**Members Present: (Teams)**

Kurt Marthaller, Director of Nutrition Services & Central Services

Jen Ritari, Secretary, Central Services

Katie Pipinich, Dietitian

Judy Jonart, Superintendent

Lindsey Kambich, Teacher, BTU Vice-President

Jenny McEwen, Nurse

The January 2024 staff Wellness Challenge ended last week. It was held up with the IT issues we experienced starting in November. It was originally scheduled to start in October, but ended up started in January. The Wellness Policy revisions from our OPI audit were approved by the Board of Trustees on February 20th, 2024.

Katie Pipinich began to review the results of the Wellness Challenge. There were 117 employee participants. The challenge focused on habits and implementing habits consistently into our routine. Participants were able to submit weekly surveys to track their points. They were provided with multiple different resources to help stay on track, motivated, and engaged in these habits. There were opportunities for staff to submit questions, and we also had a few live virtual meetings to come and ask questions or submit them prior to the meeting. Overall the challenge was really well received. We didn’t get any negative comments from any participants. On average, about half of the participants submitted their weekly surveys each week, about 55 employees. Katie presented and discussed the Wellness Challenge Activity List that was utilized. All of the different habits had different points assigned to them. These were the things we were encouraging people to fit into their day to day lives. They could take a look at this and decide what would make the biggest impact on their life, then choose that habit. We had a lot of people start reading for enjoyment, or calling a friend or family member to catch up; tangible things for people who weren’t able to do a lot of physical activity or weren’t ready to make a lot of diet changes. There were options for everyone, every fitness level and every health level. We could’ve put so many different activities on the list, but we tried to cover everything such as mental health, physical health, nutrition, and stress. Overall, it went really well and it was very well received.

We are so grateful to Lindsey Kambich and the BTU for collecting prizes from Intermountain Healthcare (previously SCL Healthcare). We received backpacks, beanies, cups, and wireless phone chargers/holders. We distributed all of these items as prizes for our winners. We were also fortunate to receive a grant from Butte Education Foundation, which provided funding for this challenge. We also have about $2,000 left for future challenges. This funding made a huge difference on what prizes we could distribute to the winners.

Individual winners were selected each week, based on who had the most points for that week. These individuals received swag from Intermountain Healthcare, and a $50 gift card for 5518. The overall winning team was selected based on average number of total points. We tried to keep it to where the teams were important, but also individual winners. The winning team received $100 gift cards to Universal Athletics, for each participant on the team. We also decided to select two random winners because we had so many participants that submitted their points each week, so we wanted to be able to give back to them as well. The prizes for the random winners were $50 gift cards to 5518. Overall, we feel that the prizes were amazing, but we haven’t received feedback yet, because they were just distributed this week. We had a good mix of items for prizes, and gift cards are great to buy whatever the individual would like. We also sent out a few cups for prizes while the network was down, to reward participants that still turned in their points. We did put the challenge on hold while the network was down. Many thanks to Lindsey and the BTU for the prizes they obtained, and also to the Butte Education Foundation for the prizes we were able to obtain in the form of gift cards.

Katie wanted to share some feedback from the challenge. She asked everyone to share a win from the challenge within their survey. The print is small, so she said she will send out a PDF of the positive comments that were submitted. Some of her favorites were weight loss, more energy, focusing on hydration, consistency, accountability, etc. Kurt commented that he is drinking quite a bit more water since this challenge, he has more awareness and focus on hydrating. Katie pointed out that according to research on habit changes, it shows 21 to 30 to 60 days for something to become a hard-pressed habit, depending on where you read the research. During the six-week challenge, these activities have the potential to become hard-pressed habits for us all. Participants also commented on walking more, daily yoga, more energy, 15 minutes a day outside, no screen time an hour before bedtime, seven or more hours of sleep per night. We received great overall feedback from the challenge. Participants commented that they really enjoyed it, pushed themselves more than usual, liked being part of a team/group that was working together, the habit stacking concept was very helpful, daily affirmations and support were also helpful, and the habit tracker was well received. Fifty-seven people answered the final survey and seventeen people sent feedback. We also asked if the challenge was beneficial, and 100% responded yes. Judy is very grateful and pleased with the challenge and the participation. She felt that anyone could have participated in this challenge, it was supportive to everyone wherever they are in their goals. Lindsey heard a lot of positive things as well. She feels that kicking it off in October is a great time of the year, a lot of us felt like we were drowning in January. She did mention maybe doing something in the spring, not necessarily a challenge. She mentioned possibly setting up gatherings for social interactions, walking, or exercise. We do not get to see each other very much in person and this could possibly get other buildings working together and seeing each other in person. It would enable us to establish more district interaction that doesn’t revolve around unhealthy habits. Positive interaction could be very helpful. Katie said she has also thought about setting up gatherings or “meet and greets” where someone from the community speaks on a certain topic, or education and resources, or both. We could present topics such as stress and burnout, nutrition, exercise, etc. Lindsey would like to get all of our district on the same page and working towards the same common goals. We tend to become building oriented and we would like to involve everyone in wellness, events, and activities. We could also use some of the funds from the Butte Education Foundation to pay for instruction during events such as yoga, dance classes, etc. We may be able to apply for funding again with the Butte Education Foundation for outside activities or mental health activities. We can include our offerings in the Wellness Newsletter as well. Another activity we could offer would be webinars on Teams.

Our next challenge is tentatively scheduled for the fall, and we are open to any ideas or input to keep the momentum going. We have talked about more of an individual approach, rather than teams. Some schools did very well with sign-ups, but then they didn’t have as much participation, which brought their scores down substantially. The team aspect may not have been as beneficial. We will send out a survey as the challenge gets closer and determine what most people would like, in terms of individual or teams.

Another goal that we have is the Butte School District Cookbook. Kurt did reach out to East and Butte High to try to get some feedback, but that was also at the time of the IT issues. We would still like to move forward with this, focus on the kids and maybe a FACS class. This is definitely on our agenda for the next school year, in the fall. We may put together a committee for this project. We are open to any input or ideas. Katie pointed out that one of our dietetic interns helped with the logistics of a cookbook, such as looking into a company that would print a cookbook and what it may cost. We need to determine what would be best received, how to have students help but also make it tangible so that it is not extremely difficult for them. Maybe this spring we will meet with East or Butte High, so that we can move forward with it in the fall. Kurt will reach out to Keith Miller again. Lindsey said that Tony Hoffman does a project with the students at BHS in Butte History where the kids have to make a cultural dish from a family recipe. This could be a way to incorporate some recipes into the cookbook as well. Judy pointed out that we could go to every school and ask for families to submit a treasured family recipe. You could create a chapter of cookies, desserts, etc. with the student and family’s name. This would involve everyone. Lindsey said a lot of teachers like to cook and we would be able to obtain a lot of recipes by including teachers as well.

As far as nutrition guidelines for students, we are always working on this. The vending machines at the Butte High cafeteria have been removed. The machines never worked properly and students were always losing money in them, and they were also competing with our program, so we had them removed. With this, anything that we offer falls under our guidelines. We are also looking at new and different items for our menu that we haven’t had in the past. Judy would like to see it be something fun, we all need some fun sometimes. Kurt is going to reach out to Bozeman and Missoula to see what kind of menu items they do for fun.

If there are any updates that pertain to wellness, please send them to Kurt or Katie so that we can incorporate them into the Wellness Newsletter.

Kurt and Katie stated they are very thankful for Lindsey in helping with our wellness challenge. Lindsey commented how great the inclusiveness was. Everyone throughout the district was included and able to participate. We had a great variety of people participate throughout all unions. Lindsey would like to establish this inclusiveness with events such as biometric screenings and mammograms as well.

Respectfully submitted,

Jen Ritari, Recording Secretary

Typed 3/18/2024