**MINUTES**

**DISTRICT WELLNESS COMMITTEE**

**MEETING DATE: May 24th, 2023**

**Members Present: (Teams)**

Kurt Marthaller, Director of Nutrition Services & Central Services

Jen Ritari, Secretary, Central Services

Katie Pipinich, Dietitian

Jeremey Whitlock, Director of Transportation, Building, & Maintenance

Judy Jonart, Superintendent

Lindsey Kambich, Teacher, BTU Vice-President

Jennifer Friedberg

Brodie Loushin, Payne West

This is our last Wellness Committee Meeting of the 2022-2023 school year. The purpose is to review the Wellness Challenge results and determine where we want to go from here.

Katie Pipinich began to review the results of the Wellness Challenge. A total of 100 people signed up, there was good participation throughout. Our goal was to have at least 100 participants, so this was a great place to start. The first week there were 60 responses, the second week there were 50 responses, the third week there were 35 responses, and the last week dropped to around 30 responses. The final results gave great feedback for planning the next challenge. There were 18-22 responses on the final survey. This challenge covered stress management, making healthier food choices, movement awareness, and habit stacking.

Some of the survey questions/results were discussed as follows:

1. **Which tools did you find most helpful?**
   * Mini challenges - 66.67%
   * Weekly email with educational video - 22.22%
   * Other – 11.11%
   * Office Hours (or replay) – 0%. It was difficult to find an appropriate time for everyone to join the Office Hours. We did rotate and change the scheduled times for this to try to see what worked best. The replays were sent out to everyone. We could also offer it in the evening possibly. The intentions of the Office Hours were to answer questions and discuss struggles throughout the challenge and offer support.
2. **What barriers made it difficult to participate?**

* Office Hours were at times that were difficult for me to attend - 52.94%
* Other – 29.41%
* Lack of time to commit – 11.76%
* I missed some of the e-mails – 5.88%

1. **Did you make positive changes to your wellness habits during the challenge?**

* Yes – 100%
* No – 0%

1. **Do you feel like 4 weeks was a good time frame for this challenge?**

* Four weeks seemed perfect – 55.56%
* I wish it was longer – 44.44%. Some comments indicated that more time was needed to build upon what was learned such as stacking habits.
* It could have been shorter – 0%

1. **Please share one positive change you made during this challenge.**

* Mindful of stress and trying to relax. Healthier food choices.
* Just being more conscience about what I am doing to live a healthier lifestyle.
* Movement awareness, healthy east tips and being able to practice the lessons.
* Dealing with stress.
* I really liked the habits and being able to make new habits by connecting them with current habits already in place.
* Standing up more and making it a point to eat breakfast, even on weekends.
* Walking more! Can tell a difference in my arthritic knee!
* I’m being more mindful about my time at home, working on accomplishing tasks and building habits that are productive and healthy.
* I started walking my dogs daily.
* Meal prepping is my change.
* One cup of coffee in a day. Limiting the amount of sugar intake. Exercising on a daily basis.
* I started making my health and well being a priority. I realized I need to make time for myself and my health.
* Back to walking in the morning for my mental and physical health.

1. **On a scare of 1-5, how confident are you in continuing to implement the changes you have made in the last 4 weeks?**

* Average response: 3.8/5. Based on feedback, the next challenge may need to be longer to have more time to implement the changes and put them into place.

1. **Overall, did you find the information provided during the challenge useful/helpful?**

* Yes – 100%

1. **Please share anything else about your experience. This feedback will help us design future challenges.**
   * I think this was a great challenge. I would like to try and incorporate something within each school and possibly do something similar to this but in January. This time of year is tough!
   * Maybe just one more week? I’ve always heard it takes over a month to start a new habit. I think one more week, but challenging you to do ALL the things you’ve been talking about as the final home stretch. Did you eat breakfast every day? Did you exercise and how many times a week? Are you journaling/meditating and how many times this week? How is that habit coming along in week 2? I think a final week to put all we’ve learned into practice might solidify the concepts.
   * I think it reminded me of things I already know, but don’t always implement.
   * It was fun! I enjoyed learning new things about my health. I also loved the challenges that kept us thinking about making good choices for our bodies.
   * Awareness and evaluation of myself with my diet, exercising, and self-reflection.
   * I thought it was all helpful. I wish it was longer so I could have more time to work on building habits.
   * More physical activity challenges next time.

Many people indicated they would like to see more challenging challenges and more movement challenges. That is something to think about for next time as well, how to challenge those already engaged in physical activity and also those who may just be getting started. Maybe next time we will have different levels of fitness and challenges.

1. **What topics would you like to cover next time?**
   * Meal Planning
   * Recipes
   * Adult ADD
   * Weekly move/step goal.
   * Better eating choices at restaurants

Judy thanked Kurt and Katie and stated this was a great way to start the wellness challenges. Kurt said the next item on the agenda is to discuss plans for the next challenge. We will plan for more challenges in movement, tracking steps, things like that in the fall. We will meet in late September and start our challenge in early October. We may plan for teams (such as schools and buildings). A lot of people like the competition which may be more engaging. Judy stated we could do it based on percentages, because some groups are bigger than others, this will make it fair. We will also work on obtaining more prizes for the next challenges. We have had some water bottles donated, Montana Broom and Brush donated gift cards as well. Jim O’Neill was going to check with the Butte Education Foundation for donations. Judy stated that Kurt can write a grant to the Butte Education Foundation for donations. Kurt asked for input on the length of the next challenge. Judy suggested a six-week challenge, everyone agreed.

Wellness Newsletters: April newsletter focused on mental health and stress, May newsletter focused on hydration. Kurt asked for suggestions on topics for the newsletters going forward and also asked for input on the format of the newsletter. Judy recommended topics such as how to keep safe and healthy during the flu season. Katie mentioned collaborating with the nurses on these topics as well. The newsletters are posted on the website. Katie asked if we should print the newsletters for distribution. Judy said she could put it out on the Favorite Five once a month if it is sent to Mary Kaye.

Review Wellness Plans: We have discussed the Butte School District Cookbook which we would like to move forward with in the 2023-2024 school year. The principal at East (Keith Miller) reached out to Katie about having one of the classes from East help with the cookbook. The class focuses on foods and getting recipes out to a larger amount of people, so we could possibly involve the class in this project. It would be great to involve the students in the process. Katie mentioned that she bought a cookbook that was made in Anaconda and consists of all local recipes and stories/history throughout. She can bring it in to have Kurt and Judy review. This might be a great format for our own cookbook. Judy suggested challenging the kids to write a story about their school and post recipes from teachers at their school. Students can pick a topic and write about it, a composition. We can brainstorm more ideas in the fall for this project.

Set next meeting: We will plan this for late September and Kurt will make sure this is on everyone’s calendar. Judy suggested sending everyone on the Wellness Committee an e-mail to start thinking about the next challenge and bring ideas/suggestions to be ready for the next meeting.

Judy congratulated Kurt and Katie, she is very thrilled and pleased with what they have done with Wellness. Staff wellness is very important, as are the people in the District.

Lindsey Kambich announced that Healthy is Wellness is going to be set up at Butte High School on 8/25 and 8/29 (all day) which is open for any school district employee, regardless of insurance. St. James will do a full blood panel. This is open to all employees regardless of insurance. Katie asked if there is a follow up with St. James on the blood panels, or if follow up would need to be done with primary physicians. Lindsey indicated that follow up will be with primary physicians.

Lindsey also discussed donations for prizes for our wellness challenges from St. James. They are working on it, but they are in the process of changing to Intermountain Health and they currently do not have any new swag to donate. This will be discussed again in the next meeting on 6/7/2023. Kurt stated he has calls out to vendors regarding donations, and we will work on this throughout the summer. Judy let Kurt know that the grant form for the Butte Education Foundation comes out in August, regarding a donation.

Respectfully submitted,

Jen Ritari, Recording Secretary

Typed 6/1/2023