**MINUTES**

**DISTRICT WELLNESS COMMITTEE**

**MEETING DATE: September 21st, 2023**

**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

Karen Alley, Director of Human Resources

Krystin Lee

Jim O’Neill, Curriculum Director

Katie Yates, Nurse

Jennifer McEwen, Nurse

Jennifer Friedberg

This is our first Wellness Committee Meeting of the 2023-2024 school year. The purpose is to review the Committee goals regarding staff wellness, and continue to meet nutrition guidelines of students. We will also discuss a plan for the next wellness challenge, and proposed Butte School District Cookbook. We are also looking for input/feedback/ideas for our Wellness Newsletters and any other wellness ideas. We will set a time frame for our next quarterly meeting.

Pacific Source wants to help all district employees, not just their members. They are more than happy to have everyone be a part of wellness and wellness events. Lindsey Kambich will speak with her representative from Pacific Source to fill her in on the Wellness Challenge as well as any other plans for wellness. Lindsey advised she will get some flyers to hand out to everyone regarding different wellness resources Pacific Sources is willing to share with all employees. All flu shot clinics were finalized yesterday. The Butte Silver Bow Health Department is coming to all schools, Saint James Hospital is going to Butte High School and this will start the first Monday of October. Participants will need to bring their insurance card. Pacific Source is interested in distributing monthly prizes for the Wellness Challenges. They are not able to supply monetary gifts but they are happy to provide Pacific Source swag.

We are looking for feedback for our next Wellness Challenge. Katie indicated considerations are random teams, department specific, or building specific. Krystin Lee thought it would be better to do it within schools or buildings. Participants may be more engaged if they are in the same building and working together towards a certain goal.

Kurt applied for a grant with the Butte Education Foundation to fund prizes for Wellness Challenges. We are planning to start mid-October to late October, probably the third week to wrap up before the holidays. Lindsey pointed out that Teacher Convention is October 19th and 20th, so it would probably be best to start the week of October 23rd.

Our last Wellness Challenge was four weeks in length. Based on feedback from the survey after the last challenge, some mentioned a six-week challenge. Lindsey mentioned starting October 23rd and concluding prior to Christmas break, which would keep everyone in check and accountable over the holidays.

In regards to the Butte School District Cookbook, Keith Miller previously mentioned involving FACS students at East Middle School. We could also pick a certain grade level for recipes. Judy Bryant and Patty Sayler are both going to be leaving, so we should reach out to them to get ideas and input as well. If we decide to sell the cookbook to the public, we could we use the profits to support Wellness Challenges. Katie mentioned we could either make a profit, or sell it at cost so it is well distributed. Student and teacher recipes people will more than likely be well supported. Lindsey suggested pairing teacher recipes with student artwork, with the artwork possibly being from the elementary schools. Katie recalls a cookbook out of Anaconda where the author of the recipe was mentioned, along with a blurb about that person. Kurt will get with Keith about FACS class assisting with this.

Krystin mentioned a competition at the end of the challenge competition, such as a district-wide staff volleyball tournament, or something similar, for fun. Karen Alley indicated this has been discussed and suggested that the participants would need to participate in the Wellness Challenge. The location to facilitate such an event could be the KC or East Middle School. Bowling is also another suggestion, however, with volleyball you can facilitate more people playing at one time.

Katie asked Lindsey to email her with events such as flu shot clinics and we can include this information in our monthly Wellness Newsletter. Lindsey indicated the mobile mammogram was a great success. She’s trying to work with Saint James to get all groups involved and she is also working with all of the unions for biometric screenings. There will not be another event until the beginning of the year and it will be on site. Healthy is Wellness was a great success as well. Any information that needs to be added to the monthly Wellness Newsletter needs to be submitted to Katie. Keeping the newsletter short and simple is great. Everyone agreed that it is easier to read and helps everyone stay engaged. Katie asked what the biometric screenings entail. Included in the labs were A1C, a lipid panel, and blood count. Healthy is Wellness does a body composition screening.

Kurt asked if there are any other ideas for categories for the Wellness Challenges. Katie advised that based on the survey from our last Wellness Challenge, we need to include stress management, and to improve overall health. We are also looking for Ideas to keep participants engaged. Katie would like to prevent people from feeling intimidated to participate, due to medical issues or feeling like they are not in sufficient shape to participate. She suggested something such as writing down things we’re grateful for. She is trying to piece together a way to help everyone without feeling pressured. Once we have an idea drafted, we will submit it to the Committee for input and feedback. Katie mentioned a challenge hosted at the YMCA which is based purely on weight loss and we do not want to do that because some will feel they are unable to participate. Katie’s goal is to achieve health goals and motivation. Krystin suggested a mobile app called Revamp Your Life. It sends tasks for your wellness focus to complete every day such as ten minutes of meditation, waling ten minutes a day, etc.

Our next Wellness Committee meeting will be held before Christmas break, when the Wellness Challenge ends. We will distribute a follow up survey once the challenge concludes to obtain ideas/input for the next wellness challenge and obtain testimonials.

Jim O’Neill stated he will get the grant application to the Butte Education Foundation before their committee meets. Judy thanked everyone involved for moving forward with Wellness for our staff.

Respectfully submitted,

Jen Ritari, Recording Secretary

Typed 09/22/2023