

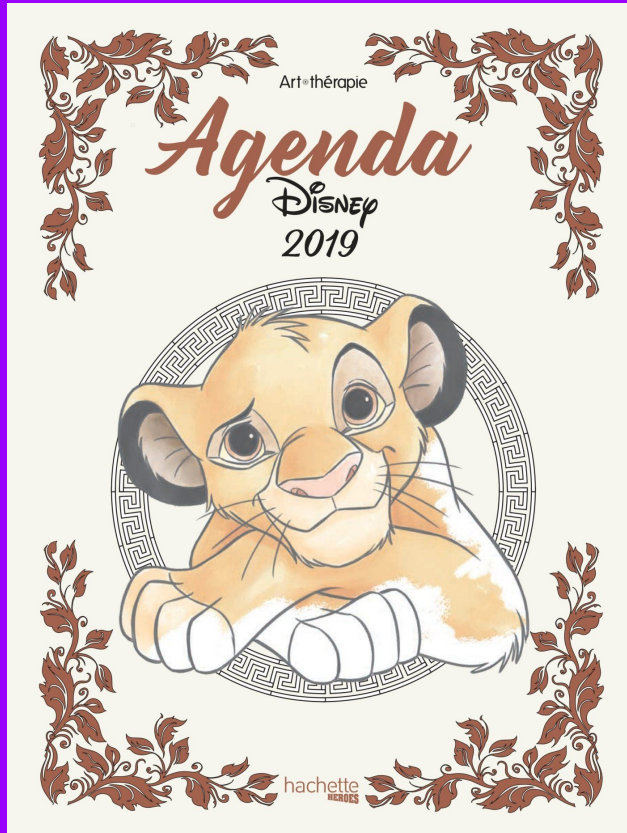
Welcome!



6th District Wellness Committee Meeting

1. Please sign in at the table
2. Please help yourself to food

Agenda:



- Meeting Dates
- Event Updates
- Team Time
- Reconvene
- Prize Drawing!

Meeting Dates:



Thursdays

4:30-6:00 PM in the District Office Board Room

- **April 25th**
- **May 14th Present to Governing Board**
- ~~May 16th~~ **Cancelled**



Facebook event optional RSVP:
<https://www.facebook.com/events/785026838529281/>

A graphic for the Madison Top Chef 2019 event. It features a blue background with several yellow stars of various sizes. The largest star in the center contains a cartoon chef's face wearing a white hat. To the right, a black rectangular box contains white and yellow text. Below this, a white rectangular box contains blue text.

We invite
all Madison students & their families
to enjoy a night of culinary creativity
at our 2nd annual **Madison Top Chef!**

Support your school's Top Chef &
taste test all of the recipes!

FREE EVENT! FREE FOOD!

MADISON TOP CHEF 2019
APRIL 24TH | PARK COMMONS | 5:30-8:30 PM

Update:

**Madison School District is a finalist for the
2019 Phoenix Healthiest Employer Awards!**

We will be published in the May 3rd issue of the Phoenix Business Journal under the Healthiest Employers Special Report.

We will be honored at the 9th annual Healthiest Employers Breakfast on Thursday, May 2nd from 7:00-10:00 a.m. at the Hyatt Regency Scottsdale Resort & Spa

Physical Group Goal Progress

1. Host the annual Top Chef competition on April 24th at Park Commons to promote healthy nutrition between our eight schools with goal attendance of 200 people. We will work with the social group on marketing and promotion.
 - In progress, increased marketing with banners & social media
2. Increase educational opportunities for students, staff, and parents focused around illegal substances. This will be a baseline year for this and will be measured by the number of people who attend (parents will be encouraged and students can attend per discretion of the parents).
 - Total Attendance at The Madison Center for the Arts on March 5th was 6 parents + 9 DWC members = 15 people
3. Create a video archive filled with links to videos on our Health & Wellness page to promote healthy eating and physical exercise for adults and students before the end of the year.
 - Posted on health & wellness part of website:
<https://madisonaz.org/wp-content/uploads/2019/01/District-Wellness-Committee-Online-Wellness-Links-for-Parents-and-Teachers.pdf>
4. Achieve gold status of the Smarter Lunchroom Assessment at 50% of our cafeterias by the end of the school year, which will help encourage students to eat their meals. The Smarter Lunchroom Assessment also covers using recess as a punishment.
 - MTA, Park, Camelview, & Rose Lane our the selected schools applying for Gold Status
5. **Allergens on menu:** Alternative menu options that are gluten free, dairy free, soy free, vegetarian, & vegan are now on the lunch menus page of the website along with our food allergy policy & protocols

Mental Group Finalized Goals (Family)

1. Develop a list of health/wellness resources by January that students and their families can use to get support with mental health (facilities, free classes, doctor offices, videos).
 - In progress (gaining more information by attending the HAWP training)
2. Generate campus plans by the end of the school year from the social workers and site administrators for the sharing of information with students about stress, including presenting healthy coping skills.
 - In progress (may need assistance from other subgroups)
3. Incorporate a social-emotional curriculum throughout the district by the end of the semester support student interactions and social-emotional wellness (ex: Second Step, five radical minutes).
 - In progress (may need assistance from other subgroups)
4. Determine how to incorporate nutrition & physical education on all campuses by the end of the school year. This could include stretching student breaks, teachers & staff receiving training in nutrition education and mental health for their pupils, brain breaks, anti-bullying protocols, weekly PA announcements with health tips & safety, and increase education and awareness of food allergies.
 - In progress (may need assistance from other subgroups)
 - Nutrition education is being added to K-8 curriculum next year (Lauren is working on this w/Dr. Winters)
 - Food allergy is posted on the lunch menus page of the website, alternative options are also posted for main entrees for breakfast & lunch (gluten free, soy free, dairy, vegetarian, & vegan)
5. Establish a baseline of staff members who model healthy food/drinking habits by collecting data in the staff survey to be sent out in the spring.
 - In progress (may need assistance from other subgroups)

Mental Group Finalized Goals (Staff)

1. Increase Participation in Wellness Challenges to 40% by the Spring Wellness Challenge.
 - In progress
2. Increase participation to biometric screening to 30% for the fall biometrics testing.
 - Completed: This goal was met with a total percentage change from last year to this year to be 48% as of 1/11/19
3. Create a resource list of discounted memberships by December for January distribution to gyms/healthy products or companies.
 - In progress (may need assistance from other subgroups)
4. Develop a district-wide survey to distribute by spring to assess current staff needs and interests in regards to wellness and develop a potential plan/calendar of events by August.
 - In progress (may need assistance from other subgroups)
 - Free private nutrition/wellness goal consults will be offered piloting this summer to all staff (Lauren will schedule)
 - Smoothie Blender Bike Summer Events will be offered piloting this summer to all staff (June 17th-20th)
5. Identify EAP presentations to be presented once per semester, with the first one being offered in January.
 - EAP setup “ProActive Planning” on Weds. Feb. 27th 2:30-4:00 PM Board Room
6. Analyze Interactive Health data reports as a team by March (tie into survey) to identify areas of greatest need for staff, with new data reports being analyzed once available.
 - In progress (may need assistance from other subgroups)
7. Review HAWP award requirements, set a plan to accomplish HAWP requirements by end of 2nd semester, and apply for HAWP award by end of 18-19 school year.
 - In progress (may need assistance from other subgroups)
8. Promote involvement in the Dash/other events by creating running/training groups that all staff can participate in by January.
 - In progress

Social Group Finalized Goals

1. Promoting events from physical group: Jacqueline has been promoting events on social media.
 - We have emailed PTOs to inform about Top Chef & Smart Snacks.
2. Food Pantries:
 - After reaching out to sites we found that only one school has a food pantry (Simis). We are working on determining a need food pantries but it seems there isn't much of a want for them at the sites
 - Social workers are aware of the Simis pantry & other local pantries as options
 - Will try partnering with HonorHealth Desert Mission food bank for distribution & food backpack program
 - Will try connecting with POWWOW to be a food distribution site for next school year
3. "Smart Snack info" :
 - Info is now online under the lunch menu page as the "Smart Snack Flyer" link
4. Promote walk and bike day:
 - Teacher at Meadows that does his own walk and bike to school day. We are planning to get in touch with him to help him promote and provide volunteers.

Prize Drawing!



1 hour massage

Have a good night!



Last Meeting:

****April 25th**