Intro (Lauren Kemmer, Executive Chef/Wellness Coordinator):

- This year, we had 13 volunteer members that made up our district wellness committee
- 3 dedicated co-chairs were in charge of the physical, mental, and social needs for our students and drove the goal setting and achieving process
- We also partnered with our benefits team to also address the overall wellness for our staff
- The co-chairs were Jennifer Frederick for mental/staff wellness, Matt Bloom for social wellness, and Janene Smith for physical wellness
- We will now discuss our accomplished goals for the 2018-2019 school year

Mental Group (Jennifer Frederick, 8th Grade Social Studies Teacher)

1. Promoted Social/Emotional Programs for students (5 radical minutes, Second Step)
2. Increased biometric participation from last year to this year by 32.79%
3. Increased flu shot participation from last year to this year by 16.02%
4. Awarded Healthy Arizona WorkSite Program (HAWP) Silver Award, May 1st, 2019
5. Nominated for Phoenix Business Journal Healthiest Employer Award, May 2nd, 2019
6. Established discounted staff pricing for Garmin products, Core Power Yoga, & Orange Theory
7. Created a built in employee wellness interest and needs survey upon completion of registration of benefits during Open Enrollment
8. Hosted the first EAP Presentation for staff on the topic of ProActive Planning on February 27th, 2019 (30 registered; open to all staff)

Future Goal: Continuing to build community partnerships with other local companies

Social Group (Matt Bloom, Purchasing Assistant/Courier)

1. Educated parents on Smart Snack nutritional guidelines (infographic on website, conversations with parents, & PTO meetings)
2. 97 employee volunteers or participants for DASH to BASH
3. 212 registered to run for 5K & 50 kids for Mini DASH
4. District Facebook page highlighted various events to promote wellness activities

Physical Group (Janene Smith, Food Services Supervisor)

1. Hosted a Student Drug Prevention seminar lead by the Director of AZDrugFreeKIds.org at The Madison Center for the Arts on March 5th, 2019 (12 attended)
2. Integrated nutrition education/awareness into classes & at breakfast/lunch periods
3. 4 of our cafes were awarded Gold Status for the Smarter Lunchroom Movement with the remaining 4 currently at Silver status looking to be awarded Gold in our next school year
4. In its 2nd year, Top Chef with over 100 in attendance, an increased media presence, Kylee Cruz from 3TV as emcee, famous local celebrity judges and on April 30th our district winner’s recipe was a featured dish at Phoenix City Grille, we consider this annual event a huge success. Our district winner Elliot Mazza, 2nd grader at Madison Camelview had a visit and taste test from Arizona State Senator, Brophy McGee on May 10th. (show video))

5. Beginning in early May, online menus with nutrition information and allergen alerts will be accessible to parents via our Madison website and also on the Food Service Parent Portal (show example) and electronic menu boards displayed for students to read while going through their line. In the fall of 2019 parents will be able to print selected weeks from home.