

Health and Wellness Committee Minutes 5/12/21

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Attending: Larry Anthony, Emily Davison, David Aierstok, Christine Kozma, Stacy Stoliker, Brett King, Meg Rodier, Teresa Costakis, Albert Cousins and Tom Burnell

Topics Discussed

1) CPR and AED Site Coordinator Stacey Stoliker to talk about CPR/AED certification

- due to Covid-19 our CPR/AED trainers are now not certified but it is a DCC error and they will work with our trainers to get their certification updated and current
- when our trainers are current once again, we can establish a plan to get district employees certified and recertified
- Goal: over the summer to get administrators and 12 month staff certified

2. Fitness initiatives for Staff

- Stacey would like to see the district do something on a regular basis

Ex) 1-3 times a year have some type of workout challenge with potential prizes at the end

3. Health and Wellness District Web Page

- How to talk to your child about certain topics with links provided
- combine Health and Wellness with direct links to PPS pages or combine them?
- have it be transparent when (what time of year) we discuss certain topics in school
- K-5 scope and sequence
- have a tabling model during lunch because kids usually don't eat for 40 minutes and they could go over and ask questions and learn about certain topics (not just about food)
- The idea of having a once a year health fair was brought up by our school nurse
- Newsletter from Health and Wellness, PPS, or a combo of both? How often?

Next meeting is on 6/9/21