

MINUTES

11/7/17

1. Focus Area for 2017-2018

- Committee will focus on physical activity.
- District will promote the EAP for mental health.
- **Wendy** will work with the Superintendent for Catch you being active moments.
- **Brandi and Sabrina** will put out Did You Know messages on timeclocks or via email.
- **Kim** will work on a Google drive shared recipes file.
- **Brandi** long term goal get high school gym opened to employees for exercise.
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2. Quarterly Try It You'll Like It

- January -**Sabrina**
 - i. Yoga with Hannah
 - ii. Middle School Gym
 - iii. 2 nights on separate weeks
- February – **Holly**
 - i. High School Weight Training
 - ii. 2 nights on separate weeks
- March – **Sabrina**
 - i. Karate
 - ii. 2 nights on separate weeks
- April-May – **Amanda**
 - i. Participate in Walk Across Kansas
- September - ?
 - i. Hydration Challenge

3. Competition

- Each school will compete against each other for the most participation.
- **Brandi** will work on organizing a bowling night or movie night for the winning school.

Next Meeting: February – will come earlier to plan health fair