

1.9.2026 Wellness Meeting

Attendees: Kim Davis, Beth Cusick, Morgan Silva, David Shaw, Heather Tennant, Amy MacCaul, Randi Sherman, Elizabeth Byrne

Meeting Norms:

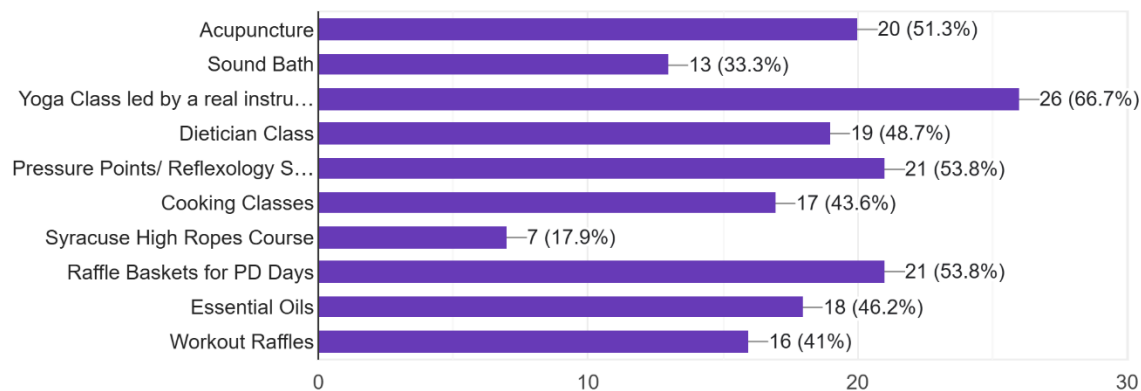
- Everyone participates
- Respect others
- Stay focused on the agenda
- Maintain momentum
- Get things done

Agenda:

- Review Wellness Questionnaire sent out via Google Form and discuss options we think will be most beneficial for teachers to attend.

Please select what peaks your interest, one or all!

39 responses



- Half hr massages 🐱
- Mobility class
- Massage, powerlifting class - keep in mind that I am biased since I complete in powerlifting! :)
- Meditation class
- Cycling Classes
- ~~Win a pass to get out 15 minutes early one day~~
- massage chair!
- Drumming
- Walking groups
- A way to be able to buy healthy snacks during the day
- Stress Management

- Meditation classes
- I have bowls for sound baths
- staff olympics (games on PD days), a bulletin board where we can post funny stuff anonymously, puppy yoga, laughing in general, volunteering in the community
- Restaurant- Core, panera(Healthy option places)
- a step contest with teams

We need to pick what we want to try and get money for. We have the opportunity to use up to \$2,300.

- 1) Yoga class by an instructor (26 votes)
- 2) Reflexology (21)
- 3) Raffle Baskets - Containing Health and Wellness Items (21)
- 4) Acupuncture (20)
- 5) Cooking/Dietician Class (19)

Randi and Morgan both will reach out about prices for yoga classes. We can offer after 305 here in the gym.