

Wellness Meeting 10.8.25

Attendees: Kim Davis, Randi Sherman, Beth Cusick, Morgan Silva, Elizabeth Byrne

Meeting Norms:

1. Everyone participates
2. Respect others
3. Stay focused on the agenda
4. Maintain momentum
5. Get things done

Agenda:

- Goals for this year?
- How do we want to provide Wellness to our staff this year?? Ideas?
 - Syracuse Ropes Course
 - Holistic/Meditation: Acupuncture, Sound Bath, Yoga, Essential Oils, Dietician, Pressure Points/Reflexology speakers
 - Roller Skating: Black Mamba <- I love this idea!! ~Heather
 - Raffle baskets for PD days including healthy treats, essential oils, GC
- How are birthday celebrations going so far?? Good so far!
- Wellness Tri-Annual Assessment: Beth had AI make one....waiting to hear from Cornell when they visit for their classes.
- Sugary Drinks? Need to resend message via PS
- How is the salad bar doing?? Great! Need more sustainable foods so kids aren't hungry right away after breakfast.
- Workout Raffle? I have 2 gift cards left, how do we want to use them? One to end the year and one for the next year drawn in June. Maybe begin a Steps challenge, this can include Fleet Feet, winning a GC for new shoes?

Reminder from last year.

Excellus has started a reimbursement program. We can get reimbursed for some of the programs we do to promote a healthy lifestyle. Tentatively \$2300 per year. Can be spent on anything related to wellness. Prizes for healthy activities, massages, etc. Cooking classes (nutritional).