

Health & Fitness Articulation Meeting January 27, 2009

In Attendance:

<i>Andi Brizendine</i>	<i>PE Washington</i>
<i>Debbie Carlson</i>	<i>Counselor Sunnyslope</i>
<i>Sally Dieringer</i>	<i>Healthy Living-Pioneer</i>
<i>Linda Dimmitt</i>	<i>MV & WestSide School Nurse</i>
<i>Shane Flatness</i>	<i>PE</i>
<i>Camille Jackson</i>	<i>PE Lincoln</i>
<i>Tracey Reece</i>	<i>PE-Foothills</i>
<i>Maureen Rix</i>	<i>PE WHS</i>
<i>Jodi Smith</i>	<i>WSD</i>

I. PEP GRANT

- a. Staff resources — no one is available to complete grant
- b. All encompassing — requires many entities to be involved
- c. May not be financially responsible thing to do
- d. Maureen gave synopsis of WHS equipment acquisition
- e. State money, levy—unknown where we will stand
 - i. What needs to be acquired for Health and fitness program
 1. Five for Life/Focused Fitness
 - a. Camille at Lincoln, Susan at Pioneer
 - b. Going well-could use more equipment
 2. WSD does not have K-5 curriculum currently
 - a. Focused fitness gives framework for K-12 fitness
 - b. Should be supplemented with skill based activities
 3. Jodi recommends an interest group to research/brainstorm
 - a. Pieces missing
 - b. Cost
 - c. Rep from each middle school
 - d. 3-4 reps from elementary
 - e. Volunteers — Andi, Camille, Shane, Maureen, Shelley Jelsing, Tracey, Susan Valdez
 - f. Friday training
 - f. Consensus: Pep grant will not be pursued

II. STAFF EMPLOYEE WELLNESS Proposal — Deb Carlson and Linda Dimmitt

- a. Proposal Presentation to H&F Artic team (to be presented to WSD Cabinet Feb 2, 2009)
 - i. Overview-by Deb
 - ii. School Employee Wellness Guide-Linda (see PPT attachment)
 - iii. Handouts
 1. Short and Long Term Plan Proposal (see attachment)
 2. About this guide (pg 2 from School employee wellness guide)

- iv. Requested Cabinet to consider:
 - 1. ADMINISTRATIVE SUPPORT
 - a. How does current WSD mission care for employees?
 - i. Jesus' Hernandez (Opening Day 2008) "Take care of yourself"
 - ii. How are we taking care of our employees?
 - b. Familiarize yourself with resources
 - i. School Employee Wellness Guide
www.schoolempwell.org
 - ii. Washington Health Foundation *Healthiest State in the Nation Campaign* www.whf.org
 - 1. Healthiest State Employee Wellness Program - FREE
 - iii. Coordinated School Health movement
 - iv. Attend Wellness Conference Spring 2009
 - 2. Feedback-Short & Long Term Plans
 - 3. Identify a Leader—"Coordinators are the soul of the program"
 - a. Establish Employee Wellness Coordinator Position
 - i. half time
 - ii. Ideal= full time
 - 4. Implement Plan
 - a. Short term-spring 2009
 - b. Long Term-Fall 2009

- v. **Immediate feedback from Cabinet 2/2/09**
 - 1. Supportive of the concept
 - 2. Constraints include potential upcoming budget cuts to WSD
 - 3. Cannot justify new position (wellness coordinator) if teacher positions will be cut
 - 4. Will review possibility of implementing short term goals
 - a. Find personnel to best implement
 - b. Data needed to support need for program
 - i. Online health/interest assessment of employees
 - ii. Data of our current WSD health care costs
 - 5. Information will provide a baseline from which to go forward with Staff Wellness Program when WSD is in a position to do so.