



Schuyler Community Schools
Warrior Wellness Committee
Friday, January 31, 2014 3:00 PM
Warrior Wellness Committee Meeting @ SMS
401 Adam Street
Schuyler, NE 68661-2400

I. Discussion Items

Wellness Warriors 2013-2014

Schuyler Community Schools

Chair- Carol Reha- SMS, Preschool, Rural

Vice Chair- Pat Knutson- SMS

Sec/Treas- Laurie Schlautman-SES

Human Resources- Marlene Hartman-SCHS

Members in Attendance:

Carol Reha - SMS, Pat Knutson - SMS, Shari Freeman-SES, Nancy Johannes SES, Paula Kment SMS, Sue Steffenmeier-SMS, Jayne Hlavac-SCHS, Laurie Novacek-SMS, Shalomi Meier- SES, Elizabeth James SES, Dan Hoelsing-SCS

Agenda 1/31/2014

PHA – Was a great success! 164 employees completed their surveys and received their \$25 gift cards. EHA's goal for participation was 45% and we were at 64%. Remind everyone to use gift cards as they lose value over time. All but one person who completed the health assessment, received the gift card.

Biometric Screenings Held in Dec also went very well with lots of positive feedback! 80 employees were screened during the day.

Self Care Essentials will begin Feb 1. A very informative book will be mailed to those participating.

We currently do a great job of health screens for our students. It is not a requirement for schools to screen all students. We will be investigating expanding our screens for students at the various grade levels.

The Schuyler Community Foundation is hosting an After-Hours on February 13th at the Golf

Course. Please invite staff members to attend and represent our school.

Promote student activity in the classroom, take your class for a walk, take short breaks, etc... to promote increased activities.

Staff is encouraged to balance health/fun food at staff celebration days i.e. P-T Conferences, End of the Month, etc...

Next meeting will be on March 28th at 3:00 PM.