



Schuyler Community Schools
Warrior Wellness Committee Meeting
Friday, May 9, 2014 3:00 PM
Warrior Wellness Committee Meeting @ SMS
120 W. 20th St.
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-resigning

Human Resources- Marlene Hartman-SCHS,- Yes

Members:

Shari Freeman-SES, Darli Vrba-SES, Nancy Johannes SES-retiring, Paula Kment SMS-

Sue Steffenmeier-SMS, Jayne Hlavac-SCHS-retiring, Bonnie ZrustSCHS, Laurie Novacek-SMS-

Shalomi Meier- SES, Elizabeth James SES-

Agenda 5/9/2014

Two new Wellness Warriors have joined our team!

Deb Gonsior- Fishers, Tami Wilshusen- SMS

- If anyone else is interested please let me know!

We will have election of officers for 2014-2015

The Summer Program will be Safety First running June 1-30, info will be handed out soon!

Biometric Screenings will be held next school year on _____ 2014. The site is to be determined. Dr Hoelsing will explore an appropriate date.

Biometric screening, BP, Ht, WT, BMI, finger stick, Cholesterol, blood glucose, results immediately available, yearly is recommended.

Vascular screening – Vascular studies of aorta, carotids, extremities, if this was done last year and no abnormalities found every 3 years would be acceptable.

We need to have a Wellness sendoff closing program at the Staff Curriculum day on May 19th. Start thinking of fun, creative ways to help our staff have a safe, healthy summer!!!!

****We will serve a healthy breakfast to start the day on May 19th.

Next meeting**** _____

May 9th Meeting Minutes

On Friday, May 9, the Wellness Warriors met. We welcomed 2 new members: Deb Gonsior-Fisher and Tami Wilshusen-SMS, while Nancy Johannes (SES) and Jayne Hlavac (SCHS) are retiring and Laurie Schlautman (SES) is resigning.

Carol Reha will continue as Chair, with Pat Knutson as vice, and Paula Kment as Sec/Treas (we hope) and Marlene Hartman will continue to be our Human Resources.

Other members are: Shari Freeman, Darli Veba, Sue Steffenmeier, Bonnie Zrust, Laurie Novacek, Shalomi Meier and Elizabeth James.

We will have a ***Wellness Sendoff Closing program*** on Monday, May 19 during the inservice at the High School. Those who are not members may want to sign up before the Summer Program starts on ***Safety First*** (June 1-30)

We will again have the Biometric Screenings this fall but have not gotten a date set yet. The Biometric screening included: BP, Ht, WT, BMI, finger stick, cholesterol, blood glucose, with result immediately available. We will also have the vascular screening-optional- vascular studies of aorta, carotids, and extremities.

Our next meeting will be in September. We hope you all have a healthy and safe summer !

Wellness Warriors!