



Schuyler Community Schools
Warrior Wellness Committee Meeting
Friday, September 26, 2014 3:00 PM
Warrior Wellness Committee Meeting @ SMS Conference Room
120 W. 20th St.
Schuyler, NE 68661-2400

I. Discussion Items

Wellness Warriors 2014-2015

Schuyler Community Schools

Chair- Carol Reha- SMS, Preschool, Rural

Vice Chair- Pat Knutson- SMS

Sec/Treas Paula Kment -?

Human Resources- Marlene Hartman-SCHS

Members:

Shari Freeman-SES

Darli Vrba-SES

Paula Kment SMS

Sue Steffenmeier-SMS

Bonnie ZrustSCHS

Laurie Novacek-SMS

Elizabeth James SES

Tami Wilshusen SMS

Deb Gonsior- Fishers

Agenda for Friday 9/26/2014

Meeting at 3:15 pm in SMS Tech Conference room- NE wing of school

We are looking for a volunteer to replace Shalomi Meier on the Wellness Warriors for 2014-2015. Please bring some recommendations!

Report from Tami Wilshusen and Sue Steffensmeier who attended the Safety and Wellness Conference in Kearney on Sept 25th.

PHA (Personal Health assessment)– Will be offered this year!

Date choices are Nov 3- 21 or Dec 1- 19.

We will decide which date is best for SCS to be announced. We will not have biometric screening this year as we hosted one last year. We will keep in contact for next year!

“Soups On” will begin October 1. A Soup mug/bowl will be mailed to those participating.

Bring any new ideas to promote wellness,

Next meeting _____

Minutes of Wellness Warriors Meeting

Sept 26, 2014

Present: Marlene Hartman, Laurie Novacek, Sue Steffenmeier, Tami Wilshusen, Deb Gonsior, and Carol Reha

We are looking for at least one new member for our team. Please let me know of someone who is interested. I will also send out an email to the staff.

Tami and Sue reported on the Wellness Conference in Kearney, some of the points to remember were:

1. Being nice, kind, and respectful is still important!
2. Don't worry about things you can't control.
3. Celebrate every day!
4. Gratefulness is what life is all about!
5. Laugh for the Health of it!
6. Lighten up and avoid negativity.
7. Sitting is the new smoking!

We will do the online Personal Health Assessment this year. The date chosen was Nov 3-21. Carol will participate in a conference call for the PHA and send in the paperwork this week.

“Soups On” will begin Oct 1st.

SMS will have a potluck at the end of the month featuring soups, bread, dessert and snacks etc. Each building will decide on what's best for them.

Tami will work on coordinating a fitness walk before school here at SMS!

Next meeting will be at 7:15 am on Oct 29th at the SMS Tech conference room. We will see if this time works better for our team .

Wellness Warriors!!!!

Carol