



Schuyler Community Schools
Warrior Wellness Committee Meeting
Wednesday, October 29, 2014 2:00 PM
Warrior Wellness Committee Meeting @ SMS Conference Room
120 W. 20th St.
Schuyler, NE 68661-2400

I. Discussion Items

Wellness Warriors

October 29th, 2014

Members in attendance: Carol Reha, Pat Knutson, Elizabeth James, Deb Gonsior and Paula Kment

PHA to begin November 3rd-21st Each employee that completes the PHA will receive a \$25.00 gift card. Carol does have hard copy forms to complete if anyone does not have access to a computer to complete. Carol will get these out to those that prefer this method.

Carol to speak with Dr. Hoelsing about an in house incentive for completing the PHA. Wellness committee would like to see that 75% of our staff complete the PHA and if that can be done would Dr. Hoelsing be willing to give an early release one Friday to leave at 3:00. The committee felt this that we are doing PHA for overall health and the early release would be beneficial to mental health too.

The committee is in need of one new member, Elizabeth James will ask at the elementary for a new member.

Carol Reha and Elizabeth James will attend area meeting in Columbus on November 13th from 12 to 1:30, will report back at the next meeting.

SMS has a Friday Fitness walk. The walk starts at 7:00 and ends at 7:30, all are welcome to join.

“Soups On” will be ending October 31st. The elementary had a soup day on October 23rd during parent-teacher conferences. The middle school will be having their soup day on October 31st in conjunction with their monthly birthday celebrations.

It was suggested that we might put out information to the district with regard to different facilities around the area that offer fitness opportunities, will continue to look into this matter.

Next meeting will be Thursday, December 11th at 7:15 SMS Tech Conference room.

Respectfully submitted,

Paula Kment

