

## EVANSVILLE COMMUNITY SCHOOL DISTRICT

### CSI – Climate and Culture/Health and Wellness Minutes

Tuesday, March 20, 2018

3:30 p.m.

#### Attendance::

Deb Fritz	Heather Buttchen
Chrissy Humberg	Katie Johnson
Janessa Katzenberger	Katie McDaniel
Dana Teske	Catherine Schuett

1. Approve Minutes from January 16, 2018 -
  - o Motion by Chrissy Humberg. Seconded by Deb Fritz
2. Broke out into two groups – Social/Emotional Heather and Physical/Nutritional Health
  - o Social/Emotional Health Ideas:
    - Staff field trips
    - Paint night / sign night
    - Live music
      - Ryan Casey from Stoughton?
    - Cookout/picnic hosted by admin for Teacher Appreciation Week
    - Book Club
  - o Physical/Nutritional Health:
    - Wellness Buddy
    - Sticker/reward system
    - Water competition
      - Between buildings
      - By the oz
    - 5-4-3 Challenge
      - 5 days per week
      - 4 weeks
      - 3 vegetables
    - Meal prep night
    - You are Beautiful campaign
    - Weight loss group (“Accountability Group”)
    - Staff Meeting – what would you like to try? What would be meaningful to you?
    - Tips:
      - Eating out → ask for container
      - Grocery shopping → processed food
      - Cooking tips
      - Healthy snacking options list
      - Economical healthy shopping
      - Sugar intake (sugar display in lounges like in MS)

3. Begin End of Year Recognition Planning

- Friday instead of Monday? -- HS has finals on Friday, so Monday is the only date that works

4. April 17 Agenda

- Prepare materials/ideas to roll out Health ideas next year
- Start prepping for End of Year Rec Party

5. Adjourn

- Motion: Heather Buttchen. Seconded: Katie McDaniel 4:35pm

Approved: 05/15/18