

## Mid Valley School District Wellness Policy

Wellness Meeting  
November 5, 2018  
Agenda

1. **Highmark has approved \$2000.00 for the Mid Valley School District to use on the staff. The money needs to be spent by June 30, 2018.**
  - a. Use towards providing healthy a free healthy lunch on Martin Luther King Day for entire staff. Have food trucks for staff to get food from.
  - b. Have staff stay for an assembly on stress with lunch provided by Olive Garden.
    - i. We would have free yoga
    - ii. Free 15 minute chair massage for staff that signed up.
  - c. Provide workshops for staff to choose from so not everyone has to hear the same topic. Sign up in advance. Have food trucks available for free food.
  - d. Other ideas \_\_\_\_\_.
2. **Talked about Healthy Goals:**
3. **Wellness Education Seminars:**
  - a. Seminars are 35 minutes to 60 minutes long.
  - b. 2 types of forms (Health and Wellness)
4. **Benefits of Connect Care 3**
  - a. Health Advocate
  - b. Health Coach – healthy goals.
    - i. Develop weight loss programs
    - ii. Exercise programs
    - iii. Healthy daily habits, etc. . . .
  - c. Nurse to assist you with second opinions and go on appointments.
  - d. Planning Environment Program: (P.E.P)
    - i. Click on Wellness, then what is PEP. Then You can sign up for the program