

Wellness Committee Meeting

April 9, 2024

Attendance: Kim, Jenn, Suzanne, Jess, Shiela, Cindy, Elise

Review hygiene pantry status

How can we harness this community interest for student needs? Are there other needs? Nurses will talk about this at their next meeting.

Wellness fair – at the start of the year for faculty

Competitions -

Health Trust – challenges and canned programs we can run

Pre Covid we had a subcommittee for employee wellness and someone from Health Trust would attend this meeting.

Policy and Student Wellness sub committees too.

Thoughts to consider: Benefits Fair during the open enrollment to help explain things. Delta Dental, Life Insurance, Health Insurance, Aflac, etc... Few Hours afterschool. Hop schools? One school. Open enrollment first weeks in May

Can we have Health Trust come in and talk about the benefits they offer.

Community Dinner – Wellness Fall 2024 end of October/November – meet in Sept. a few times if we want to host one

Dover Mental Health Alliance take aways. A lot of information. With it being a community effort not a school effort they could come to the Wellness Community Dinner.

Next meeting May 30th Teams meeting