


<b>Program:</b>	<b>Wellness Committee</b>					
<b>Date:</b>	9.18.20	<b>Time:</b>	2:30 pm		<b>Location:</b>	Res. Rm
<b>Previous Mtg:</b>	2.21.20	<b>Next Meeting:</b>	10.16.20			
<b>Facilitator:</b>	Chasity Love		<b>Time Keeper:</b>			
<b>Note Taker:</b>						

**Members**

**Chasity Love, Dr. Downing, Maurice Harden, Lyna McKinley, Becky Bond, Michelle Martin, Jenny Adkins, Ginny Potter, Sophie Adkins and Steve McQueen.**

**Focus For Learning**

**AIM** To provide wellness initiatives to the staff and students at the Greene County Career Center

**Follow-up Assessment**

Previous Action Items	Person(s) Responsible	Update/Notes
EPC	Committee	
Health and Wellness Board	Chasity and Becky	
Student Wellness		Previous student member wanted the Taste of Greene back in the cafeteria. Working on this when we closed for the year.

**Agenda**

Topic	Time	Discussion	Notes
Wellness Board Policy		<ul style="list-style-type: none"> <li>Policy was reviewed and deemed appropriate</li> </ul>	
Passed out Yetis to Staff		<ul style="list-style-type: none"> <li>Sports and Exercise distributed Yetis to staff</li> </ul>	
Still to pass out Stress Balls		<ul style="list-style-type: none"> <li>Chasity has stress balls to distribute to staff. Unable to do so as of yet due to Covid</li> <li>May put in staff mailboxes as an alternative</li> </ul>	
Wellness Fund		<ul style="list-style-type: none"> <li>Maurice reported after purchasing Yetis, there is \$1100 in account. Awaiting EPC to deposit money</li> <li>Policy has changed per Eva. Any gift over \$25 is taxed to staff (gift cards/cash included)</li> <li>Chasity asked what are we to do with the money then?</li> </ul>	
Staff Wellness Ideas		<ul style="list-style-type: none"> <li>Jenny suggested adding stickers on the floor indicating miles walked. Labs could sign up for 15 min periods to walk or log miles traveled as a wellness</li> </ul>	

		<p>competition. Offer water bottles for winning lab</p> <ul style="list-style-type: none"> <li>Jenny suggested a 4 Paws for Ability Day and bring the dogs in to socialize with students</li> </ul>	
Student Wellness Ideas		<ul style="list-style-type: none"> <li>Sophie Adkins is our new student volunteer</li> <li>Sophie suggested students put a wellness activity in a jar and draw out an activity to do in lab</li> <li>Pam asked Sophie to go back and talk with her peers about activity suggestions</li> </ul>	
Wellness Dollars		<ul style="list-style-type: none"> <li>We reached 100% participation in EPC Wellness and will get over \$4000</li> </ul>	
Wellness Bulletin Board		<ul style="list-style-type: none"> <li>Becky and Chasity were working on a Wellness bulletin board in the staff lounge in the old building before Covid shutdown.</li> <li>Pam indicated she would like for us to have a Staff Wellness bulletin board at new facility</li> </ul>	<ul style="list-style-type: none"> <li>Pam will check on ability to get a bulletin board in Staff Lounge</li> </ul>
<b>Assignment</b>			
<b>New Action Items</b>	<b>Person(s) Responsible</b>	<b>Deadline</b>	<b>Update/Notes</b>

*Empowering students through advanced technologies, integrated instruction, and community partnerships to succeed in career, college, and life*

