

School Wellness Committee Meeting Minutes

Date of Meeting: Monday, January 13th, 2020

Time: 4:15 pm – 5:15 pm

Location: Laveen Education Center, Room 144C

Attendees: Jennifer Burnap, Bianca Altamirano, Robert Harrison, Gavin Tucker, Jaclyn Morales, Kristi Mollner, Bethany Hultstrand

Led by: Bethany Hultstrand

Notes

- Due to previous discussions regarding staff wellness, today's meeting focused on what resources are available to staff and their families.
- Guest speaker and committee member Bianca Altamirano from Laveen Elementary School District, Benefits Specialist:
 - Discussed and provided detailed information on ways the district helps support employee wellness, including but not limited to:
 - Health insurance
 - Life insurance
 - Employee Assistance Programs (EAP)
 - Dental
 - Vision
 - Retirement benefits
 - Healthcare spending and reimbursement accounts
 - Long and short term disability
 - Wellness programs
 - Workplace perks
 - Bianca also provided some information on HRs future plans/projects to further enhance and embrace staff wellness; emphasis that healthier staff (whether it be physical, emotional, financial, occupational, intellectual, spiritual and/or environment) creates better educators.
- Next meeting: mid/late February