

## School Wellness Committee Meeting Minutes

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**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