



Wellness Committee Meeting

Date: Thursday, December 7, 2023

Location: Board Room

Members Present:

Kelli Rau

Russelle Jolo Aramo

Kyle Henderson

Dana Carry Moccasin

Ryan Burnette

Michael Scares the Hawk

Lynn Lawson

Committee members provided input for revisions and edits to the Wellness Policy.

Mr. Aramo presented four options for a staff Winter Wellness program via PPT. It was decided the program would be a Walk/Run 30 days within 60 days in Term 3 with a possible title of Mustang Miles. This program could then continue into Term 4 with Mustang Muscles strength work. Mr. Aramo will publish the program parameters after the winter break. These staff programs will help staff become positive models who exhibit positive outlooks and healthy behaviors for the students.