



A Community of Learners

Informational Memo: District Wellness Committee

To: School Board
Trisha Kocanda, Superintendent

From: Daniel Ryan
Assistant Superintendent for Professional Learning and Human Resources

August 21, 2018

Overview and Background

The District Wellness Committee is a non-credit arm of Winnetka University and is designed to support the well-being of our faculty. The committee was formed in the spring of 2016 with a charge to effectively invest the refund from our insurance company. If at least 50% of the insurance-enrolled employees participate in the screening, the District earns 0.5% of the annual insurance premium to be used towards Wellness activities. In four of the past five years the District has met this goal and been refunded about \$10,000 per year. The funds received go towards varied wellness activities for the District, as well as nutrition seminars and biometric screenings.

As stated in the Winnetka University Program Overview: We recognize the importance of health and wellness for the adults in our District. Healthy educators are better able to meet the demands of the position and needs of the students. Therefore, our professional learning system also includes non-credit offerings for staff to engage in wellness opportunities.

The Committee is composed of teacher representatives from each school as well as an administrator and two Central Office staff.

The members of the 2018-19 Committee are:

Andy Becker
Eric Chan

Washburne, KW
Washburne, KW, Technology

Candice Florance	Washburne, KW
David Hovis	Washburne, Social Studies
Mary Lee	Administrative Assistant, CFO
Jessica Lerner	Bene, HR
Molly Pope	Hubbard Woods, Psychologist
Daniel Ryan	Central Office, Administration
Alisa Shapiro-Rosenberg	Greeley, Spanish
Kate Wilkinson	Crow Island School KW
Curt Wilson	Skokie, KW
Joe Wise	Washburne, RC Associate

Throughout each school year the Wellness Committee sponsors a variety of activities to promote health and wellness among our faculty and staff. For example, the Committee has sponsored yoga classes, step challenges, mental health seminars, and open gym nights. The Committee actively seeks input from the faculty to design such activities to meet their needs.