

Healthy Campus Committee Meeting Minutes:

March 3, 2010 Room 205J

Purpose Statement: Identify and implement strategies to promote good health and fitness among employees and students.

1. **Attendees** – Kelly Vanschaick, Teresa Mattison, Melrene Kaiser, Lynell Wayne, Liz Blazek-Thompson
2. **Chair/Co-Chair** – Lynell Wayne & Liz Blazek-Thompson
3. **Budget** - \$750/yr.
4. **Minutes Total** – 300
5. **Next Meeting** – please fill out the Doodle scheduler sent to you.

March:

- Kelly Vanschaick is creating a 'Team Survivor' starting the first week AFTER Spring Break until the week prior to Finals. Teams will NOT be Department based, so that we can get to know new members. During this meeting we scheduled out the challenges and created an agenda. Liz will create an e-mail asking for participants to sign up.
- Lynell & Melrene are contacting Student Senate about putting together drug/alcohol awareness bulletin boards around campus and on the NCTC televisions.

April:

- April 18th is *National Alcohol Screening Day*; Lynell and Kelsy Blowers are working on the "e-chug" survey to be available for students on this day. Liz will add this to the 'did ya knows' in the Pioneer Press for the week of April 15th. Would Mei know if the nursing student clubs would like to help offer the survey to students? Also, as an incentive for student participation in the survey, we could offer free *Virgin Mocktails* set up at a station (if it fits our budget).
- Lynell has contacted Kathy about a possible Earth Day project.
- Teresa has contacted Jennifer Derosher to speak about drug/alcohol/over the counter drug abuse in the college population

May:

- Tishara has been contacted about Faculty and staff ONLY de-stress room reserved for relaxation during finals week.
- Breakfast for students available during finals week, if we can afford it. Lynell is contacting Cindy and TAHER

