

ESEBT Board Report September 2012

- **Seasonal Campaign**
 - **Walktober** begins October 1st
 - Registration began on Monday 275 registered to date. Goal this year is 600 participants.
- **The Wellness Challenge**
 - 438 actively logged in compared to 328 this time last year.
 - Incentives: Mailed in August.
 - 461 earned an incentive for the first half of the program cycle (Jan 1-June 30) ranging from \$20-\$110
- **Health Fairs and Flu Vaccine Clinics**
 - October: 6 scheduled at **all** middle schools **and** Longfellow
 - 475 have registered to date
 - Over 40 health and wellness vendors
- **Community Events:**
 - **Making Strides Walk Snohomish**
 - **Team Everett Public Schools** 28 registered compared to 8 last year.
 - Have raised \$500 compared to \$250 last year.
- **Fitness Classes**
 - YMCA
 - Personal Safety
 - Adult Basketball League
 - Women with Weights
- **Weight Watchers at Work**
 - Awaiting Trust budget/subsidy approval before moving forward.
 - Tentatively have scheduled meetings at Longfellow, North, Monroe, Penny Creek and Madison
- **Stress Management Course for Everett Public School Employees**
 - In collaboration with the Anxiety Reduction Center of Seattle. 5 hour course taught by Gail Buquicchio, and Dr. Lisa Emerson. 2- 2 ½ hour classes scheduled 1) Eisenhower October 25th and November 8th, 2) Garfield November 15th and November 29th.
- **Awards**
 - **Everett Public Schools earns Gold Level Award 2nd year in a row for being a FIT FRIENDLY COMPANY** with the American Heart Association
 - **2012 SEW Award recognized at the American School Health Conference:** San Antonio, TX. I will be speaking at the conference.
 - **Healthy Worksite Summit, Bellevue Washington:** Everett Public Schools represented at evening panel discussion on employee wellness programs.