

Health & Wellness Committee Meeting
January 11, 2023
12:30 p.m. via Google Meet

Attendees: Dunnington, Fischer, George, Hraby, H. Jensen, Kamrath, Nanstad, Polzin, Schuh, Stevens, Wepking, Wierzba

Other Attendees: No other attendees

Agenda:

- 1. Mental Health Services Report:** The middle school groups focusing on general coping skills are starting the week of January 23, elementary groups will be formed in the near future.
- 2. Nutrition Services Report:** Staff are working on increasing student knowledge about what a “full meal” consists of and have been placing fresh fruits near the computers to encourage more students to take a piece. Eighty people attended the community dinner on January 8.
- 3. School Nurse Report:** Stephanie Nanstad reported that influenza numbers remain high. Information on health and wellness challenges for staff through Fort HealthCare will be shared as she learns more.
- 4. Athletics/Fitness Center Report:** Matt Polzin reported that the fitness center has been busy in the new year and reminded people to bring an extra pair of shoes during the winter months. He has been working on the next session of fitness classes.
- 5. Activities Report:** Tentative date for Winter Walk is February 3 before the boys basketball game.
- 6. Looking Ahead:** Results from the staff health risk assessments will be shared at the next meeting.
- 7. Other:** Human Growth and Development staff will meet this afternoon to continue review of curriculum and resources. Will begin planning Walk/Run the Halls event.

Next Meeting: February 8, 2023 at 12:30 via Google Meet