

Health & Wellness Committee Meeting

January 15, 2025

3:15 p.m. via Google Meet

Attendees: Jen Stevens, Wendy Helminiak, Aime Hruby, Sandy Fischer, Nick Mills

Other Attendees: Anne Kessenich

Agenda:

1. Mental Health Services Report

- a. Nick, Shanna, Aime working on a mental health student event, may be one day or one week.
- b. MS/HS needs assessment sent to students via Nick, 60-70% returned, looking for focus areas to better support student.
 - i. Student interest in forming a GSA club
 - ii. Bullying prevention/education also showed as an interest
- c. Surveys to be sent for student groups in MS/HS.
- d. Sibs/Hops-student group to support students with siblings that have significant needs.
- e. DES starting a second group focused on flexible thinking (not stuck thinking), starting another anxiety group.

2. Nutrition Services Report

- a. Making progress with new menu software for the MS and HS, still planning to have it up and running by the end of February.
- b. Beginning to play for 2025-26 school year-commodities requests need to be into DPI by 2/28.
- c. Board will be considering a school lunch price increase at the January board meeting.

3. School Nurse and Physician Report

- a. February is Heart Month-Stephanie visiting 3rd grade classes to teach about the heart.
- b. Saige LaChance did her senior project which was teaching students in MS/HS chest compressions, Heimlich and bleeding control, AED use. Deer Grove EMS assisted with teaching students. Students participating were 7th grade health classes and Mr. Jensen's PE classes. Dr. Stevens suggested that Narcan training could be added.
- c. Would like to get a staff challenge going using the bingo card with a variety of topics including exercise, eating and sleeping.

4. Athletics/Fitness Center Report

- a. McKenna Michel providing officials goodie bags is her senior project. Would be a good project to be continued in future years.
- b. Winter sports in full swing. There is a boys/girls double header next Thursday.
- c. Middle school girls basketball finishing and middle school wrestling will be starting.

5. Activities Report

- a. No report

6. HR/Employee Wellness Report

- a. We still need to schedule a time to meet with Kelly Nemo regarding the district's health risk assessment aggregate report.
- b. February 9-15 is Random Acts of Kindness Week – ideas to celebrate
 - i. Tell me something good, one good thing
 - ii. Water canteen on paper-pass the canteen paper around and write positive comments about that person
 - iii. Positive notes left on the running trail, message of encouragement
 - iv. Buckets for staff members, kids have paper and write notes
 - v. Caught You Doing Something Good-notes about students, DES
 - vi. Teacher postcards to send to students
 - vii. Kindness “Rocks”
 - viii. You Rock campaign

7. Looking Ahead

- a. March 6 from 5:30-7:00pm – Choose Your Own Adventure at ES, three seniors helping Mrs. Kamrath plan this event for their senior project.