

Health & Wellness Committee Meeting
February 8, 2023
12:30 p.m. via Google Meet

Attendees: Fischer, George, Hruby, Jacobson, H. Jensen, M. Jensen, Polzin, Schuh, Wepking, Wierzba

Other Attendees: No other attendees

Agenda:

1. **Mental Health Services Report:** Mike McGowan came and spoke to multiple grades last week, grades 6-12 will take the Youth Risk Survey on Feb. 21,
2. **Nutrition Services Report:** No report.
3. **School Nurse Report:** Hearing screenings were done for 5K and first grade students, Dept. of Health Services released revised immunization changes starting next school year and there will be a student nurse here on Tuesdays.
4. **Athletics/Fitness Center Report:** Pickleball for adults started on Sunday, many students are using the fitness center after school, and hours over spring break are being determined.
5. **Activities Report:** Turnout for the Winter Walk was approximately 60 walkers, many of them young families. Julia Fischer raised \$311 for mental health awareness as part of her senior step it up project.
6. **Looking Ahead:** We will add HR/Employee Wellness as a standing agenda item and Wendy Helminiak has been invited to join the committee. She is the district's HR/Payroll/Benefits coordinator and will start attending in March. Spring events being planned are Run the Halls and Bike/Walk to School.
7. **Other:** Jill Fleming has been meeting with Jason Wierzba and Hunter Jensen to review the Human Growth and Development textbook. The 2022 Health Assessment Report from Dean Health Plan was reviewed.

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