

Health & Wellness Committee Meeting  
February 19, 2025  
3:15 p.m. via Google Meet

Attendees: Jen Stevens, Daniel Aumann, Wendy Helminiak, Nick Mills, Hunter Jensen, Sandy Fischer

Other Attendees: No other attendees

**Agenda:**

**1. Mental Health Services Report**

- a. Sources of Strength grant and training is planned for March 11 and 12 for peer mentors.
- b. MS anxiety support groups started last week.
- c. Elem group started on Flexible thinking.
- d. Pupil Services are looking to plan a Mental Health Day or Week.

**2. Nutrition Services Report**

- a. Choose your own adventure night is on 3/6. We will be getting the sundaes together for that.
- b. MS/HS menu is up on the new website. I have not announced this publicly yet. I want it to be in Nurse Stephanie's hands to try it out for a little while, and I need to go over it one more time for dietary restriction things. Feel free to check it out  
<https://myschoolmenus.com/organizations/2303>
- c. Working diligently on the USDA foods order for next school year. It is due 2/28.

**School Nurse and Physician Report**

- a. Dr. Stevens is seeing a lot of flu. Can still get flu shots.
- b. Nursing student from Edgewood is here on Tuesday. Went into 3rd grade classrooms for Heart Health. Had stethoscopes for kids.
- c. Early Learning screening took place.
- d. Lots of illness in the district.
- e. Staff wellness challenge in full swing. Will ask staff for feedback upon completion.

**4. Athletics/Fitness Center Report**

- a. Thursday 2/20 is the last regular season home basketball game of the year. Both the boys and the girls play. (Varsity games in the big gym, JV games in the small gym)
- b. The girls are the #2 seed in their bracket for the start of Regionals. They host a game next Friday 2/28 at 7 pm. (opponent TBD) If they win, they will host again on Saturday 3/1 at 7 pm.
- c. The boys bracket comes out this Sunday
- d. Wrestling has Sectionals at Dodgeland this Saturday. 5 of our wrestlers advanced to Sectionals
- e. Working on getting the key fob reader fixed. Ryan Fankhauser had someone come and look at it last week
- f. Continue to remind people to bring in clean shoes to work out with especially with all of the salt outside
- g. Kudos to Stephanie for putting together the Staff Wellness Challenge!

**5. Activities Report**

- a. Boy's basketball-variety of boys able to play this year. Not just the kids that played for many years.

**6. HR/Employee Wellness Report**

- a. Monday, February 17 was Random Acts of Kindness Day - sent encouraging email.
- b. Business Office is starting to work through the insurance renewal process.

**7. Looking Ahead**

- a. Johnny's ambassadors assembly for 7th and 8th grade in the morning, 9th and 10th grade in the afternoon. Sponsored by Deerfield Coalition. Related to drug education.

**8. Other**

- a. Physical education department received their order of snowshoes.
- b. Don Schindler earned his 100th win last night.