

Health & Wellness Committee Meeting
February 21, 2024
3:15 p.m. via Google Meet

Attendees: Helminiak, H. Jensen, Polzin, McDonough, M. Jensen, Nanstad, Wierzba, Frey, Stevens, Riedl, Fischer

Other Attendees: No other attendees

Agenda:

1. Mental Health Services Report:

- a. Hannah Riedl's 8th grade girls social skills group is finishing up
- b. Aime Hruby will be concluding her social skills group(s) soon
- c. Hannah and Aime will co-facilitate two social skills groups at DES in the near future
- d. Handle with Care partnership with Dane County Sheriff's Department is in the implementation stages
- e. The high school SCST group is looking at implementing a book read for staff
- f. Kyle Hornickel is facilitating the Dane County Youth Risk Assessment for MS and HS students this week
- g. Clothing Closet for families has been created
- h. Snacks now provided for students in need; stored in Hannah's office

2. Nutrition Services Report:

- a. Tri-annual Wellness Report due June 2024, review of Wellness policy
- b. Preparing for DPI Administrative Review for NSL program

3. School Nurse Report:

- a. Nicotine pouches – ZYN pouch, new on the market, gaining popularity

4. Athletics/Fitness Center Report:

- a. Expanded student hours, well received, Friday with no school will have full day community hours
- b. Drumming class offered on Wednesday nights
- c. Basketball tournament season beginning this week/next week, wrestling season ended and spring sports begin soon

5. Activities Report:

- a. Run the Halls paired with ES Literacy Night
- b. MS ice skating trip, MS Fun Night held on 2/16
- c. TRUE ID Bingo Night after HS basketball game, free event, pizza and bingo prizes

6. HR/Employee Wellness Report:

- a. On Monday, February 19, shared information about Dean Health Plan's new Pharmacy Concierge Service. Members may call to get answers to Rx drug benefit questions, help with prior authorization, extra help for new members, etc.
- b. Onsite chair massages – spoke with Dr. Joe at East West Healing Arts Institute. Option for March 13 from 12:30-2:30, 2 therapists at each building for 10-minute chair massages. More info to come on this as we work through logistics.
- c. EAP update – update from LifeWorks to [Telus Health One](#), email message sent to all staff today

7. Looking Ahead:

- a. Planning ahead for Bike/Walk to School days in May

8. Other:

- a. Narcan training to HS students – will be teaching students in CHI class next week
- b. Use of bikes – Outdoor Adventure class will use the bikes, looking at getting MS to CamRock Park with bikes

Next Meeting: March 20, 2024 at 3:15 via Google Meet