

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

Attendees: Wendy Helminiak, Aime Hruby, Stephanie Nanstad, Nick Mills, Daniel Aumann,
Adam Dunnington, Karen Frey, Hunter Jensen, Jason Wierzba, Jen Stevens

Other Attendees: No other attendees

Agenda:

1. Mental Health Services Report

- a. Sources of Strength training March 11 and 12 for MS and HS
- b. Mental Health Week is at the end of April, district-wide for students and staff

2. Nutrition Services Report

- a. New menu is up and running! <https://myschoolmenus.com/organizations/2303>
- b. Choose Your Own Adventure night was busy...490 bowls of ice cream!
- c. Provided snack for ACT testing and will be providing snacks for MS testing in April
- d. Looking forward to April and the end of the year is coming fast!

School Nurse and Physician Report

- a. Increase in students being ill
- b. Measles outbreak in other states (not in WI)

4. Athletics/Fitness Center Report

- a. Track started, lots of kids
- b. Softball started this week
- c. Baseball and girls soccer start next week

5. Activities Report

Nothing to report

6. HR/Employee Wellness Report

- a. Mental health resources were received from our disability insurance provider that will be shared with all staff – physical wellbeing, sleep, “Ways to Spring into Wellbeing”, emotional wellbeing, 25 simple ways for self-care
- b. Business Office is continuing to work through health insurance renewal

7. Looking Ahead

- a. Human Growth and Development for 7th grade is April 17 with Dr. Stevens

8. Other

- a. Chair massages? Mental Health week?
- b. Staff bike ride? Staff pickleball?