

Health & Wellness Committee Meeting
March 20, 2024
12:20 p.m. via Google Meet

Attendees: Dunnington, Fischer, Helminiak, Hruby, M. Jensen, McDonough, Nanstad, Riedl, Stevens, Wepking, Wierzba
Other Attendees: No other attendees

Agenda:

1. Mental Health Services Report

- a. Personal Essential Supplies located in HR office (looking for donations)
- b. HR beginning family group for girls after Spring Break
- c. Sources of Strength: peer MH and suicide prevention program (fully funded)
- d. AH and HR will begin co-facilitating social skills groups at DES after Spring Break

2. Nutrition Services Report

- a. DPI Administrative Review is complete. Overall a very good experience with a lot of accolades. There are always things to improve upon, and for our Wellness policy, we have a few updates we need to make:
 - i. Adding the USDA Nondiscrimination Statement to the end of our Wellness Policy.
 - ii. We need to specifically dictate on our wellness policy who is responsible for leading the committee
 - iii. We need to complete the tri-annual assessment by the end of the school year.

3. School Nurse and Report

<https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>

4. Athletics/Fitness Center Report

- a. Athletics: HS Track had their first meet last weekend and another tomorrow. Softball play home on Thursday night (weather permitting). Baseball won't have a game until after spring break.
- b. Fitness Center: During the spring break week, community members will have access 5:00 am to 9:00 pm all week. Expanded student hours (early mornings and evenings) have been pretty well attended. So Melinda and I are working on figuring out what additional hours we can offer over the summer and have it under the summer school umbrella.
- c. Spring sports-initial participation is similar to last year: Track and Field @ 50, Softball @ 17/18, Baseball @ low 20's, Girls Soccer @ 8/9. Changes to numbers likely after spring break.

5. Activities Report

- a. Walking School Bus-April 24, May 1, 8 and Bike to School on May 15
- b. Run the Halls at ES was very successful, many students/families in attendance

6. HR/Employee Wellness Report

- a. Still trying to coordinate onsite chair massages for staff
- b. Beginning to look at benefit renewals for next plan year and open enrollment in May

7. Looking Ahead

- a. Review of the Wellness Policy (see Nutrition report under tri-annual assessment)

8. Other

- a. District continues to participate in the UW Madison respiratory study using the air sampling machines and cartridges (Dr. Dave and Shelby O'Connor)

Next Meeting: TBD