

Health & Wellness Committee Meeting

April 16, 2025

3:15 p.m. via Google Meet

Attendees: Jen Stevens, Wendy Helminiak, Daniel Aumann, Karen Frey, Sandy Fischer, Michelle Jensen, Jason Wierzba, Stephanie Nanstad, Aime Hruby

Other Attendees: No other attendees

Agenda:

1. Mental Health Services Report

- a. Mental Health Awareness Week next week-dress up days, importance of sleep, exercise, Tuesday Newsday ideas went home.
- b. SOS HS group is running first campaign-making videos explaining sections of the wheel, giving out freezy pops, have met three or four times. Mental health, positive friends, healthy activities, spirituality, medical access, family support, mentors, generosity (8 parts of the wheel), get word out about the topics
- c. SOS MS group has run a few times.

2. Nutrition Services Report

- a. Helped with a Sources of Strength luncheon and Empty Bowls in the last few weeks.
- b. Looking towards a few very busy weeks to end the year with staff appreciation week, senior banquet, High 5 day, Mentor Mania picnic, graduation gatherings and more! It's going to go very quick.

School Nurse and Physician Report

- a. HG and D Hygiene classes with 4th and 5th graders
- b. Measles resources (no WI cases), sample letter for staff related to measles
- c. Reminders to parents that have children due for immunizations
- d. DPI-cyberbullying listening sessions coming up, May 8 and 12
- e. Field trips – many

4. Athletics/Fitness Center Report

- a. Fitness Center equipment was serviced about a month ago. A few machines needed repairs plus it was a good time to do general maintenance.
- b. Thanks to David Kind for being our in-house repairman on a lot of minor things in there.
- c. Things are slower in the fitness center now due to the weather getting somewhat nicer.
- d. Spring sports are a busy time. But just about any day of the week, you can probably catch a home baseball or softball game or a track meet.
- e. HGD with 7th graders – Dr. Stevens coming to guest present
- f. DES – end of year fitness testing and locomotor testing

5. Activities Report

Nothing to report

6. HR/Employee Wellness Report

- a. Deerfield Drug Take Back Day on Saturday, April 26, 9:30am-12:00ppm at DCC
- b. Wendy attended a webinar today organized by the Wellness Council of Wisconsin called the Education Wellbeing Peer Group. Some ideas I took from the webinar include: staff wellness week, dress up days, classes after school, outreach to community connection with a staff Bingo game serving popcorn and lemonade, lunch & learns, leaning on in-house talents to run a session or event.
- c. Each PD day included one hour of wellness – any item on the wheel.

7. Looking Ahead

- a. Nothing to report

8. Other

- a. Post Prom – junior class parents offer event
- b. Message to families – not holding spring Bike to School and Walking School Bus, look for return in the fall.
- c. Menu – question for Adam Dunnington on the software printing calories, concern for eating disorders/anxiety.