

Health & Wellness Committee Meeting
August 15, 2024
8:30 a.m. via Google Meet

Attendees: Matt Polzin, Adam Dunnington, Shannon McDonough, Wendy Helminiak, Hunter Jensen, Tammy George, Jason Wierzba, Melinda Kamrath, Karen Frey, Michelle Jensen

Other Attendees: No other attendees

Agenda:

1. Mental Health Services Report

- a. Sources of Strength training set for October 25 for full MS/HS staff, need to work on finding staff mentors and student peer advisors, SOS grant through DPI which is about \$10K for training and staff advisors
- b. Training will come from SOS company
- c. Goal is to provide peers with appropriate, supportive response tools to other students that may be exhibiting mental health needs
- d. Need staff advisors for the program-Hunter J

2. Nutrition Services Report

- a. Kudos for what we are doing, I had a Wellness class at SNA summer conference and although it may not seem like a lot we are doing, we are doing more than most other schools that were attending that lecture.
- b. Biggest takeaway was that schools that are doing the best/most have students on this committee, or are utilizing students for feedback.
- c. Getting ready to start the year:)
- d. We still need to complete tri-annual assessment
- e. Idea-have students on the wellness committee to gather ideas and get feedback on the committee

3. School Nurse and Report

- a. Working on beginning of the year student information
- b. More training with education aides next week, training coaches

4. Athletics/Fitness Center Report

- a. Fitness center continues to be free to district residents
- b. Have a treadmill in need of repair
- c. Closures recently due to construction (water and electricity shut offs)
- d. Student fitness center hours coming out soon, scheduling supervisors
- e. David Kind doing basic repairs on some machines
- f. Fall sports-football started (around 30), others start on 8/19
- g. Weightlifting club-follow up with David Kind, maybe a winter club

5. Activities Report

- a. Have reached out to HSSC and NHS advisors to see if students can assist with Walking School Bus in September. Tentative 9/11, 9/18, 9/25, 10/2
- b. Walk the Track (pre-football game)-9/13, 9/20, 10/4
 - i. This would be a great event for the Principal's Advisory to lead. We would love to take this on.
- c. Use ER day for staff wellness-fitness center, chair massage, yoga

6. HR/Employee Wellness Report

- a. Health Risk Assessments begin tomorrow - participation qualifies for a 3.5% discount on the health insurance premium
- b. Hoping to revisit option of onsite chair massage this fall for staff

7. Looking Ahead

8. Other