

Health & Wellness Committee Meeting
September 18, 2024
3:15 p.m. via Google Meet

Attendees: Shannon McDonough, Wendy Helminiak, Melinda Kamrath, Michelle Jensen, Jen Stevens, Aime Hruby, Stephanie Nanstad, Sandy Fischer

Other Attendees: No other attendees

Agenda:

1. Mental Health Services Report

a.

2. Nutrition Services Report

- a. Getting year started with healthy meal choices for students, maintain participation levels.
- b. Increases due to meal prices and a la carte prices to better align with food costs.
- c. Will be reviewing the Wellness Report Card and WellSAT documents with Michelle and wrap in H & W committee as needed. Also includes a review of the wellness policy.

3. School Nurse and Report

- a. <https://anxietyintheclassroom.org/school-system>
- b. Dr. Stevens-seeing bump in upper respiratory illnesses, COVID still around, govt will be offering free test kits again.

4. Athletics/Fitness Center Report

a.

5. Activities Report

- a. Walk the Track-9/20 from 5:30-6:30pm, communications sent out, get free popcorn and water, MS football team is helping out.
- b. Walking School Bus-9/18, 9/25, 10//2-Sandy and Rich Fischer with HSSC and NHS support.
- c. Laps for Learning at ES on October 10-outside on the ES soccer field.
- d. True ID hosting HS Pizza and Dance Party on Homecoming Friday night at Railhouse-promote drug and alcohol free events for kids, cost is \$1, serve pizza, water and baked goods.

6. HR/Employee Wellness Report

- a. Health Risk Assessment participation update - 77% participation rate. Will send reminder to those who did not complete the online health assessment but did complete the onsite assessment to finish the process and be eligible for the premium discount.
- b. Additional resources available through Dean Health Plan Living Healthy portal - will share with those participating in the health plan.
- c. Onsite Vaccine Clinic - Wednesday, September 25, 2024
 - 12:00pm - 12:45pm at MS/HS
 - 1:00pm - 2:00pm at ES

7. Looking Ahead

- a. Getting a student rep on our committee? Maybe a senior step it up project?

8. Other