

Health & Wellness Committee Meeting
October 12, 2022
12:30 p.m. via Google Meet

Attendees: Dunnington, Fischer, George, Hraby, Jacobson, H. Jensen, M. Jensen, Kamrath, Nanstad, Polzin, Schuh, Stevens, Wepking, Wierzba

Other Attendees: No other attendees

Agenda:

1. **Mental Health Services Report:** Jacquie Schuh reported that School Pulse has been rolled out in the middle/high school and REST screening will be taking place in the middle school next week.
2. **Nutrition Services Report:** Adam Dunnington reported that the garden was harvested with the help of elementary students. He shared information about the Wisconsin Wellness Report Card.
3. **School Nurse Report:** Stephanie Nanstad reported that she is working with the Lions Club to set up vision screenings, COVID and flu shots are being offered to staff onsite today and there will be a Fort HealthCare challenge offered around Thanksgiving.
4. **Athletics/Fitness Center Report:** Matt Polzin reported that fall sports are winding down and adult Bridges classes start tonight.
5. **Activities Report:** Survey results from the Staff Wellness Day held last spring were shared. Will use this information to plan another event in the spring. The Walking School Bus is being held each Wednesday in October; turnout has been on the low side so far but one of the days was rainy. The walk before the football game on September 30 was well attended.
6. **Looking Ahead:** Will begin reviewing our health and human growth and development curriculums. Will work on preparing applications for wellness associated grants.
7. **Other:** No other items

Next Meeting: November 9, 2022 at 12:30 via Google Meet