

Health & Wellness Committee Meeting  
October 18, 2023  
3:15 p.m. via Google Meet

Attendees: Dunnington, A. Hruby, McDonough, M. Jensen, Kamrath, Nanstad, Riedl, Stevens, Wepking, Wierzba, Frey, Helminiak

Other Attendees: No other attendees

**Agenda:**

1. **Mental Health Services Report:** Hannah Riedl shared the many ways students are being supported in both buildings:
  - Unity Day-district wide
  - Awareness posters in MS/HS bathrooms
  - Hotline posters in MS/HS building
  - Student groups-ES group with A. Hruby, MS student survey for group interest
  - MS Daily Check In via google form
  - AODA grant applied for presenters for Junior & Senior classes. Awaiting grant application process.
  - Kindness focus at ES
  - ES groups-drop in group times for kids
  
2. **Nutrition Services Report:** Adam Dunnington shared current activities outside daily lunch service:
  - Getting school year up and running
  - Building and continuing relationships with local and organic farmers. Utilizing grant funds to help supplement the cost of fresh local items.
  - Nutrition Services is receiving our Administrative Review this year (every 5 years). They will be looking over our Wellness policy and verifying our tri-annual assessment as part of that review process.
  - Baking 750 cookies for Community Day next week
  - Participating in the Great Apple Crunch at DES next Wednesday
  - Potatoes will be harvested out of the school garden, six beds of potatoes to be picked by students
  
3. **School Nurse Report:** Stephanie Nanstad shared information on the following:
  - Working on vaccine compliance for the state report
  - Uplift WI- for Wisconsin residents and is staffed by certified peer specialists – people with lived experiences of mental health, substance use and other related life experiences. 534-202-5438
  - <https://www.mhawisconsin.org/upliftwi>
  - Educating students on how to use Narcan, potential to educate our older HS students. Hunter J. will follow up on this.
  
4. **Athletics/Fitness Center Report:** Matt Polzin reported that fitness center membership continues to be free for Deerfield residents and he is looking into expanding student hours.
  
5. **Activities Report:** Walking School Bus ran for four weeks in October and plans for winter activities are underway.

**6. HR/Employee Wellness Report:** Wendy Helminiak shared information on the following:

**HEALTH RISK ASSESSMENTS:**

- I have requested an aggregate report of the results and will share that with Michelle once received.
- Total completion: 66/80, 83%
- Certified Staff completion: 92%
- Support Staff completion: 57%

**EMPLOYEE ASSISTANCE PROGRAM:**

- Recently, our EAP provider, LifeWorks had a rebranding and is now known as TELUS Health One
- I will share with staff information about this update and remind everyone that this is a free, confidential resource
- Updated materials will be sent to me in January, so I'll share once I receive the materials

**ONSITE FLU SHOT CLINIC:**

- Forward Pharmacy visited both buildings last Wednesday, October 11 for onsite flu shot clinics
- Unfortunately, COVID shots were not available at the time of our onsite clinics
- The pharmacy will let me know when they receive COVID shots, and then I'll ask staff for interest in an onsite COVID shot clinic. If there's enough interest, the pharmacy will come back to administer the shots.

**FREE SCHOOL DISTRICT MENTAL HEALTH TOOLKIT:**

- I received an email from Dean on October 9th about their community giving program with a focus on school district mental health
- Phase 1 will be a Mental Health Awareness Campaign offered to school districts which will be a 30-gallon tote with supplies and resources for students and staff
- Toolkits will be delivered between Oct 19-25

**7. Looking Ahead:**

- Should we continue to talk about “healthy” and “unhealthy” snacks at the ES?
- Idea of having a mental health coach that works with schools on how we talk about food, Aime to share name with Michelle, possible ER guest speaker
- Staff Wellness-wellness day, activities, self-care, bingo card of health/wellness activities, given time to take part in activities
- Goals from Student Centered Team-staff wellness was a topic, generate ideas, fun in the workplace, building relationships

**8. Other:** No other items

**Next Meeting: November 15, 2023 at 3:15 via Google Meet**