

Health & Wellness Committee Meeting  
November 9, 2022  
12:30 p.m. via Google Meet

Attendees: George, Hruby, 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 Catholic Charities is holding student groups at DCC on coping with stress and general well-being geared for grades 3-6. High school staff are reviewing student cell phone use during instructional time and high school students will be getting a lesson on sleep during mentor time on November 16.
- 2. Nutrition Services Report:** It was reported that student lunch counts are very similar to last year and funds to support free school lunch for all has been included in the DPI budget requests for 2023-2025.
- 3. School Nurse Report:** Stephanie Nanstad reported vision screenings have been completed at the elementary school and hearing screenings are tentatively scheduled for December. A staff flu and COVID shots clinic was held last month.
- 4. Athletics/Fitness Center Report:** Matt Polzin reported that winter sports are beginning and he is working on opportunities for students to use the fitness center in the mornings as some of them are currently 'sneaking' in.
- 5. Activities Report:** Walking School Bus participation in October was low so will consider starting in September when the weather is warmer. May do it again in the spring.
- 6. Looking Ahead:** Moving forward with AODA and Mental Health grants on our own rather than as a consortium with Cambridge. Will be putting together a grant committee to determine goals of the grants.
- 7. Other:** Looking for creative ideas to promote less stress for employees during the holidays.

**Next Meeting: December 14, 2022 at 12:30 via Google Meet**