

Health & Wellness Committee Meeting

November 20, 2024

3:15 p.m. via Google Meet

Attendees: Jen Stevens, Wendy Helminiak, Michelle Jensen, Stephanie Nanstad, Aime Hruby, Melinda Kamrath, Nick Mills, Sandy Fischer, Matt Polzin

Other Attendees: No other attendees

Agenda:

1. Mental Health Services Report

- a. MS check-ins-students use a Google form to share thoughts/feelings about the start of their day
- b. Beginning elementary student groups
- c. SOS training

2. Nutrition Services Report

- a. New menu software has been released to a few district staff. It is currently ES only.
 - i. Here is the link: <https://myschoolmenus.com/organizations/2303>
 - ii. My hope is to have this live for ES parents in January and have MS/HS up before the snow is gone.
 - iii. Feel free to take a look and any feedback is welcome.
 - iv. The forward facing menu is basically what we have now, but everything can be clicked on for individual nutrition labels.
 - v. The 'build-a-meal' will be incredibly helpful to our nurse but also families and student athletes who are looking to meet or avoid specific things in their diet.
- b. Otherwise, Nutrition Services is pretty status quo, feeding our kids the we can every day!

3. School Nurse and Physician Report

- a. Vision screening with the Lions Club
- b. UW Whitewater students coming to assist with hearing screenings
- c. Vaccine report submitted at about 99% compliance
- d. Submitted grant through CESA (23k)
 - i. Glow Bug – handwashing stations
 - ii. First aid kits for all classrooms
 - iii. First aid kits for all coaches
 - iv. AED and AED trainer
 - v. New cots
 - vi. Stop the bleed kits
- e. Fewer coughs, fatigue from time change

4. Athletics/Fitness Center Report

- a. Winter sports have started, first home events not until December
- b. Need groups to host concessions
- c. Small gym is open and ready for use. Will hold some games in there.
- d. Expect fitness center to get busier now that weather is colder
- e. Students would like early morning hours and evening hours

5. Activities Report

- a. January 10 – Pizza and Bingo Night for HS

6. HR/Employee Wellness Report

- a. Will share some tips with winter weather coming up on slips, trips and falls

7. Looking Ahead

- a. Winter Walk evening tied to a home basketball game – Jan. 10?