

Health & Wellness Committee Meeting
December 14, 2022
12:30 p.m. via Google Meet

Attendees: George, Hruby, M. Jensen, Nanstad, Polzin, Stevens, Wepking, Wierzba

Other Attendees: No other attendees

Agenda:

1. **Mental Health Services Report:** Two middle school groups will be starting up in January focusing on general coping skills, a monthly bulletin board on mental health is being done in the high school for a senior's Step it Up project, and Mr. Jensen's mentor group is holding a dodgeball tournament today with proceeds going to NAMI.
2. **Nutrition Services Report:** Students in middle/high school are not being permitted to purchase a la carte items or an extra lunch if they have a negative account balance. Grant money is being used to try a new yogurt that is made in Monroe, WI.
3. **School Nurse Report:** Stephanie Nanstad reported that a new graphic was posted to our FB page this week with information on respiratory illnesses and the importance of good hygiene and vaccines. High rates of influenza are being seen in both buildings.
4. **Athletics/Fitness Center Report:** Matt Polzin reported that the high school dance team is starting up again with coach Jen Grosvold. Pickleball may be starting up again on Sunday nights.
5. **Activities Report:** Events being planned include Winter Walk and Run the Halls.
6. **Looking Ahead:** Would like to have Try It Tuesdays back as kids really enjoyed trying and rating new foods. Would like to offer fresh fruits for student pick up after school.
7. **Other:** Human Growth and Development staff met in November to review policy language and identify areas of curriculum listed in the policy. Jill Fleming will meet with the group for more review. The Grant Committee is meeting for the first time today.

Next Meeting: January 11, 2023 at 12:30 via Google Meet