

Health & Wellness Committee Meeting

December 18, 2024

3:15 p.m. via Google Meet

Attendees: Jen Stevens, Wendy Helminiak, Melinda Kamrath, Adam Dunnington, Anne Kessenich, Daniel Aumann

Other Attendees: No other attendees

Agenda:

1. Mental Health Services Report

- a. Sources of Strength grant update: we have been given \$15,000 to implement SOS at the MS and HS levels. Combined with the cost of training, we have been awarded \$21,000 in total.
- b. MS daily mental health check-ins
- c. One-on-one support by Nick Mills, trying to start a worry group at ES with Aime, going to look at HS groups with Shanna.

2. Nutrition Services Report

- a. New menu software went live to households yesterday in Tuesday Newsday, Facebook and Instagram. Goal is to have MS/HS ready for the public by the end of February.
- b. <https://myschoolmenus.com/organizations/2303>

3. School Nurse and Physician Report

- a. Glow light to show ES students germs after they wash their hand
- b. Hearing screen follow up
- c. Nurse's office busy with illnesses
- d. Has good ideas for staff challenges – will share in January – possibly Bingo card
- e. Reminder to everyone to get flu immunization – low numbers but high numbers of contracting flu

4. Athletics/Fitness Center Report

- a. The fitness center will have extended community hours during the holiday break. It will be open from 5:00 am to 9:00 pm for community members from December 21-January 1. This is for adults. An email will be coming out on Thursday concerning holiday student hours.
- b. With the weather turning worse, we will be reminding people to bring a change of shoes and do their best to help keep the fitness center clean.
- c. The girls basketball team has two home games over winter break (Dec. 27 and 30). As of right now, they are varsity only games due to our opponents not having JV teams. The boys basketball team is not scheduled to be home until Jan. 10, although we are looking to reschedule the game that was postponed this week. The wrestling team will have their first home match on Jan. 7.
- d. MS girls basketball begins right after the holiday break.

5. Activities Report

- a. No report

6. HR/Employee Wellness Report

- a. We have received the aggregate health assessment report from Dean Health Plan and will meet with Kelly Nemo soon to review.
- b. Last Thursday we had a visit from Troy Eisenrich, Loss Control Representative with Acuity, our workers compensation insurance carrier. His site visit included a general walk through to look for areas of concern for potential injuries. The visit went very well. He reminded us to be aware this time of year for slips, trips and falls.

7. Looking Ahead

- a. No report