

Health & Wellness Committee Meeting  
December 20 , 2023  
3:15 p.m. via Google Meet

Attendees: Fischer, Hruby, McDonough, H. Jensen, M. Jensen, Polzin, Stevens, Wepking, Wierzba, Riedl

Other Attendees: No other attendees

**Agenda:**

- 1. Mental Health Services Report:** Hannah Riedl reported that a ‘transition to high school’ group for 8<sup>th</sup> grade girls will start after winter break, there are now free feminine hygiene products in the bathrooms, and we have started a Handle with Care partnership with Dane County Sheriff’s Department.
- 2. Nutrition Services Report:** Adam Dunnington reported that the potatoes were harvested from the school garden, the district has partnered with local sources for food, and received supply chain assistance grants for minimally processed foods.
- 3. School Nurse Report:** Aime Hruby shared that she is hearing students report use of melatonin as a sleep aid and suggested information be sent to parents regarding sleep hygiene.
- 4. Athletics/Fitness Center Report:** Matt Polzin reported that student hours in the fitness center have been expanded and it will be open for community use all day over winter break.
- 5. Activities Report:** Staff were offered the opportunity for an outdoor walk and talk during early release time in November.
- 6. HR/Employee Wellness Report:** Wendy Helminiak shared that Dean Health Plan is promoting and providing education on various cost and time saving opportunities which she will start sharing with staff in January.
- 7. Looking Ahead:** There will be a Winter Walk at an upcoming basketball game.
- 8. Other:** Dr. Stevens shared that there are a lot of respiratory illnesses going around right now and vaccination rates are low.

**Next Meeting: February 21, 2024 at 3:15 via Google Meet**