**Wellness Policy Committee Meeting Minutes**

Wednesday, November 30, 2022

2:30 pm

NRHEG Media Center, New Richland or remote

Members: Carrie Petsinger, Beth Schoenrock, Onika Peterson, Sara Meihak, Brooke Krohn, Dave Bunn, Craig Kopetzki, Dan Sorum, Karen Flatness, Samantha Joecks, Mary Urch, Payton Bunn, Kiyah Mikesell, Kiera Lenort, Wendy Schultz, Ashley Killday, Elizabeth Viktora, Melissa Karl, and Mike Meihak

Members Attending: Sara Meihak, Mary Urch, Carrie Petsinger, Michael Meihak, and Onika Peterson

Meeting Purpose: Discuss the development, implementation, and periodic review and update of the wellness policy (533: Wellness).

1. Review minutes/meetings from 10/12/2022. These were reviewed and approved by members present. These will be posted online.
2. Current wellness concerns
   1. SHIP grant (New Richland) The SHIP grant from Waseca County was wrapped up in November with a site visit on Monday from a Waseca county employee. They will be doing some promotional advertising to show what SHIP is doing for our local communities.
   2. SHIP grant (Ellendale) The SHIP grant from Steele County has been approved. They will be funding PE metrics for assessing and grading the standards and snow shoes (approximately 42 pairs) for the students to utilize to promote outdoor activities in the winter.
   3. Update policy - The current Wellness Policy needs updating
      1. Members - Remove: Melissa McCornack, Ginger Raimann, Nick Jurrens, Alex Dobberstein, and Benjamin Schoenrock. Add: Wendy Schultz, Sara Meihak, Mike Meihak, Craig Kopetzki, Elizabeth Viktora, Melissa Karl, Kiyah Mikesell, and Mary Urch
      2. Language - There were many discussions regarding the language of the policy and changes that need to be made. Changes include reviewing the changes that the kitchen has made including after school snack cart and the secondary school, healthy birthday treat options at the elementary, adding local food sources that are being used. Ms. Peterson will review the health/PE curriculum and see if any changes need to be made there. There are some statements in the policy that the committee is unsure if we are following. These will be reviewed and changes submitted as needed. All changes will be submitted to Carrie Petsinger. She will compile them and send a draft out to the group for approval. Once the draft has been approved by our committee, it will go to the School Board for final approval.
   4. Drinking fountain (Ellendale) - This was going to be fixed, but has not yet been fixed. Mr. Meihak will follow up with maintenance to see why it has not been fixed yet.
   5. MN student survey results - Based on the lack of replies by members, a different approach was developed in order to start the process of improving the results of the MN Student survey. It was determined that the approach would be: 1. After the meeting with the mental health consultant on Jan 11, staff would be approached to see what they feel are the biggest areas of concern. 2. Then certain groups will be selected to get students’ perspective. This can be done by meeting with groups such as student council, health classes, and through casual conversations that the school social worker and counselor will be having with students. 3. From the first 2 tasks, the action items will be determined and then we can look at ways to address these issues. There are a couple of items that we will take immediate action on.
      1. Focus areas
         1. Goals -
            1. Staff feeling comfortable with mental health issues.
            2. Parents feeling comfortable with student technology and speaking with their students.
         2. Actions to meet goals
            1. On Jan 11th at staff late start, Greg Scheitel, Mental Health Consultant will be coming to talk to staff.
            2. Steele County Public Health is willing to attend some sporting events and an evening conference to start conversations with parents using the “big cell phone”.
3. Roundtable/concerns/questions - Mary Urch mentioned that the school is due to have our Tobacco policy reviewed. Mary connects with the Public Health Law Center to ensure the policy has all the required information. Mary was given our current tobacco policy (found under board policies) and is waiting to hear back from the Public Health Law Center. The Public Health Law Center is waiting for the release of the MDE policy before evaluating the effectiveness of our policy.
4. Next meeting date (must meet 4 times annually)
   1. Feb 2023(Jan 25th)
   2. April 2023
5. Meeting Adjourned