

Eden Prairie Schools Wellness meeting:

Date of meeting 9-17-19 (3 p.m. @ Admin Services Ctr Riley Creek Rm)

Attending: Jason Mutzenberger, Kristin Treptow, Roxann Roushar, Herman Moncada, Chuck Knuth, Amanda Nagy, Amy Antilla, Mary Cryer & Vishalli Alagappan

Agenda:

1. Introductions – Vishalli is a student that has joined the committee (a senior at EPHS).
2. SHIP Grant by Amanda
 - a. This grant can now be used to promote the non-use of tobacco and vaping.
 - i. It is a priority at the high school.
 - ii. There are posters available we can acquire this year, and Amanda will look into getting us some (four types of posters available).
 - iii. There was discussion about e-cigs and vaping and how harmful they are to a body's lungs and examples of misinformation about how they are "safer" than cigarettes.
 - b. Recap on SHIP Grant and how it supports:
 - i. Healthy Eating & Healthy Moving – six champions (one at each elementary school)
 1. The champions created a great newsletter – they will produce one each month.
 2. Jason and the committee will get a copy of these newsletters moving forward.
 3. The champions and Amanda may meet as a group tentatively October 11th.
 4. SHIP Grant goal this year (get more resources out this year, more mindful movement training and keep healthy eating ideas in front of staff/parents).
3. Wellness Mindfulness by Mary
 - a. A trainer from 1000 Pedals will train social workers in the schools to get the classrooms and teachers more trained/familiar with the techniques.
 - b. There has been good progress in the classrooms.
 - c. New this year is "Response to Trauma" training from 1000 Pedals.
 - d. New teachers are being reached out to, so they can learn this material.
 - e. There are some newer fund sources to help support the wellness initiatives. The total sourcing is now coming from this list: Title Fund /Social Emotional Fund/SHIP Grant Fund/FEPS Grant/LCTS Funding.
4. Alternative meals topic by Jason and Roxann
 - a. Now if a student's lunch account is not funded, they will be allowed to have a reimbursable meal from the main line.
 - i. The staff will work to contact the parents or caregivers of the child to find a solution to the funding.
 - ii. In the past there was a separate meal for kids without funds in their account, but it created a dilemma with what to do with the meal they already have taken – this solves the issue. This is also a very infrequent occurrence.
5. Wellness Triennial assessment from Jason
 - a. Every three years the school district and wellness committee needs to report back to the State of MN how our wellness initiatives are being implemented as compared to the state guidelines.
 - b. Jason will present the Wellness recap to the school board and it will get filed until the state auditors are on site to do their reviews.

- c. We will do a Wellness 3.0 and a Well STAT 3.0 review comparing our policies to the state guidelines.
6. Jason opened the floor up to what agenda we want to cover this year:
 - a. Well STAT 3.0 Review
 - b. E-cigs review data
 - c. Look at results of student surveys
 - d. Screen times as it relates to mental health
 - e. Anxiety & stress for our students (strategies for coping/thriving and also safe places/spaces)

Next meeting – November 12th, 2019 (3 p.m. @ Admin Services Ctr Riley Creek Rm)