

Minutes from District Health/Wellness Committee Meeting on Friday, January 18, 2020

Attendance: Karen McConnell, Joni Knapper, Melissa Dusseljee, Angie McKenzie, Megan Asper and Jillayne Krogel

November meeting minutes were approved by Megan Asper, second by Joni Knapper

Food Service, Diane Northrup

Diane was unable to attend the meeting, but did pass on this information:

1. We are partnering with KVCC to feed year 5 students at KVCC. They can use their meal status such as free or reduced to purchase select meals at KVCC. This should be starting after their spring break. This is a county wide program.
2. We are starting the application process for summer feeding. We will be at Kellogg Elementary this summer.

Nurse/ Youth Depression Advisory Committee, Megan Asper

Mobile dentist will be returning in April.

Megan started an 8-week weight loss/health challenge for the school staff. There are 64 participants. They each paid \$15 which went into a pool for the winner. She also received donations from community businesses to give out to the winners at the end of the challenge.

We discussed Bright Night options: Families Against Narcotics, Vaping, etc. These could also be mini presentations during conferences in the fall.

School Gardens

Angie McKenzie expressed interest in taking over the school gardens project. She will get in touch with Amy Riker to get more details.

YDAC/Communities in Schools

The marketing committee through GLCIS is advertising February as Physical Health Month. John McCann has also brain stormed on Health focuses for each month throughout the year. They will be using their social media platforms to spread the word.

Jump with Jill was successful! The lower elementary students especially enjoyed it.

Tom Voss will be presenting his experience with PTSD/Depression on March 3rd at the High School.

Response Care Center is going to the Ryan 5th grade classes to do presentations on anxiety.

Meeting Adjournment: 11:01 am.

Next H& W Meeting: Friday, February 21, 2020 10AM at the High School.