

Wellness Committee Meeting

Meeting Date:	April 27, 2022
Meeting Start/EndTime:	8:00-9:00
Meeting Location:	Join Zoom Meeting https://zoom.us/j/99434773410?pwd=RHI1MmxoRXcyU1k3VkQwcFhCT1BVdz09 Meeting ID: 994 3477 3410 Passcode: 1565a4
Members Present:	
Other Attendees:	
Members Absent:	



<p><i>Our Vision:</i> One community of lifelong learners, engaged in creating our culture, where all are safe, valued and accountable to one another for success.</p>	<p><i>Our Mission:</i> Expect excellence, grounded in compassion, to meet the needs of all learners.</p>
<p><i>Strategic Directions: Strategies to Achieve Our Vision</i></p> <ul style="list-style-type: none"> A. Expecting high achievement for all students by improving our practices and building positive relationships B. Understanding and meeting everyone’s social-emotional, mental health, and cultural competency needs C. Operating with and communicating clear expectations, support, and accountability D. Implementing safe and secured schools and environments E. Engaging and partnering with parents, families and community F. Securing and managing all of our resources: people, money, facilities, time 	<p><i>Core Values:</i></p> <ul style="list-style-type: none"> Excellence: Be my best and expect the best of others Kindness: Concern, compassion, and advocacy for others Respect: Acceptance of self and others as we work together Honesty: Say and do the right thing, even if no one is watching Responsibility: Do my part and be accountable for what I say and do
<p><i>Committee Purpose and Collective Commitments:</i></p>	

<u>Agenda Item:</u>	<u>Type:</u> <u>(Procedural, Information, Briefing, Action)</u>	<u>Discussion/Action:</u> <u>(Minutes)</u>	<u>Person Responsible:</u> <u>(Reports to Superintendent)</u>
Call to Order	Procedural		
<i>Welcome</i>	Information	Member Introductions	Jennifer Walters
Wellness Initiatives at the Schools	Information	<ul style="list-style-type: none"> ● Walking Challenge -- Continue the momentum ● Wellbeing Initiative---Random Acts of Kindness 1st Annual held on February 17, 2022 ● Tanita Body Composition Scale--requested grant from WAPS Foundation & SHIP 	Jennifer Walters
Wellness Initiatives at the Schools	Action	<ul style="list-style-type: none"> ● Bike & Roll to School Day 2022 – May 4, 2022. WALK, BIKE, ROLL Site <ul style="list-style-type: none"> ○ SENT INFORMATION TO ELEMENTARY PRICIPALS. ○ SENT REQUEST FOR NHS VOLUNTEERS TO WALK WITH EACH ELEM. SCHOOL. <p>Possible Agriculture or ALC project to complete by the end of the school year.</p> <ul style="list-style-type: none"> ● SHIP may help pay for the PVC garden. 	Jennifer Walters-- Bring to Leadership-- Walk, Bike, Roll Ask PTA--& NHS students as well as FFA students
	Briefing	<p>INITIATIVES FOR THE 2022-23 SY</p> <ul style="list-style-type: none"> ● Wellness Initiatives for Staff <ul style="list-style-type: none"> ○ Popcorn Day for Staff? ○ Share Care App Blue Cross Blue Shield ● Student Involvement--Nutrition Champions <ul style="list-style-type: none"> ○ Who could lead the group and at what time?--Linda stated that she could send out flyers that could be posted in the classroom. John Casper could 	

		<p>send something out via community flyers. Every school?</p> <ul style="list-style-type: none"> ○ Move forward? ● Teach Cooking to ALC students---SHIP Grant is possible. <ul style="list-style-type: none"> ○ Need to find Teacher--Intern or practicum students 	
Staff Wellness	Briefing	<p>Blood Drive---Next one on May 11th</p> <p>Staff Wellness Discussion of ideas</p> <ul style="list-style-type: none"> ● Jackie suggested having a link to wellness activities in the Winona area. This could possibly be placed on the website. ● Possibly have a newsletter for staff. ● Maybe we could have a wellness hour on workshop days. ● Vanessa stated that Sara Johnson from the Joy Labs could do a promotion <p>Emily Solheid shared Wellness Dimensions</p>	Wellness Dimensions
School Nutrition	Briefing	<p>Summer Sites at Winona Middle School, Goodview Elementary, Bob Welch Aquatic Center, Camp Awesome @ Pleasant Valley Church. Closed sites--St. Mary's Elementary and the Winona ALC</p>	Jennifer Walters
Grants Available	Informational	<p>SHIP grants Would SHIP provide funds for lunch trays? Stainless Trays</p>	Kelsey Ocello
Other business	Informational		

Adjournment	Procedural	The next meeting will be on_____	Committee Input
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