

## Wellness Committee Meeting



<b>Meeting Date:</b>	March 23, 2022
<b>Meeting Start/EndTime:</b>	8:30-9:30
<b>Meeting Location:</b>	Join Zoom Meeting <a href="https://zoom.us/j/99758586177?pwd=aEhwdDNHc3prbGdJNFBJUDVISFZkdz09">https://zoom.us/j/99758586177?pwd=aEhwdDNHc3prbGdJNFBJUDVISFZkdz09</a>  Meeting ID: 997 5858 6177 Passcode: 92QMq9
<b>Members Present:</b>	Emily Solheid , Jackie Henderson, Kelsey Scott, Cristen Schultz , Linda Jacobs , Jennifer Walters, Amanda Langley
<b>Other Attendees:</b>	
<b>Members Absent:</b>	

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



<b><u>Agenda Item:</u></b>	<b><u>Type:</u> <u>(Procedural, Information, Briefing, Action)</u></b>	<b><u>Discussion/Action:</u> <u>(Minutes)</u></b>	<b><u>Person Responsible:</u> <u>(Reports to Superintendent)</u></b>
Call to Order	Procedural		
<i>Welcome</i>	Information	Member Introductions	Jennifer Walters
Wellness Initiatives at the Schools	Information	<ul style="list-style-type: none"> <li>● Walking Challenge -- Continue the momentum</li> <li>● Wellbeing Initiative---Random Acts of Kindness 1st Annual held on February 17, 2022</li> <li>● Tanita Body Composition Scale--requested grant from WAPS Foundation &amp; SHIP</li> </ul>	Jennifer Walters
Wellness Initiatives at the Schools	Action	<ul style="list-style-type: none"> <li>● Bike &amp; Roll to School Day 2022 – May 4, 2022. <a href="#">WALK, BIKE, ROLL Site</a></li> <li>● Wellness Initiatives for Staff               <ul style="list-style-type: none"> <li>○ Popcorn Day for Staff?</li> <li>○ Share Care App Blue Cross Blue Shield</li> </ul> </li> <li>● Student Involvement--Nutrition Champions               <ul style="list-style-type: none"> <li>○ Who could lead the group and at what time?--Linda stated that she could send out flyers that could be posted in the classroom. <b>John Casper</b> could send something out via community flyers. Every school?</li> <li>○ Move forward?</li> </ul> </li> <li>● Teach Cooking to ALC students---SHIP Grant is possible.               <ul style="list-style-type: none"> <li>○ Need to find Teacher--Intern or</li> </ul> </li> </ul>	Jennifer Walters-- Bring to Leadership-- Walk, Bike, Roll Ask PTA---Popcorn Day <b>Amanda Langley</b> ---Nutrition Champions start on May 4th ○ Need to find Teacher--Intern or practicum students --discuss with Mike McCardle. Cristen has recipes that could be shared.

		<p>practicum students</p> <ul style="list-style-type: none"> <li>● Food shelf need? Check to see if there is a need at Leadership Committee Meeting. Vanessa stated that she could ask the WH Foundation if we recognize a need. <ul style="list-style-type: none"> <li>○ Spoke with Leadership and there are food shelves at the schools and counselors provide packs for students.</li> </ul> </li> <li>● Jackie stated that if we could HS leaders initiate a recycling initiative with composting. Bring to Leadership to discuss the possibility. Will need to discuss further in regards to where this could be located.</li> <li>● Invited Amanda Langley from HS to be a part of the meeting. FFA may be able to assist with possible chicken coop or PVC type of hydroponic garden.---<b>SHIP may help pay for the PVC garden.</b></li> </ul>	
Staff Wellness	Briefing	<p>Staff Wellness Survey - <a href="#">Results</a></p> <p>The results of the survey show-  Most of you would like more information and discounts at local health clubs, fitness programs involving yoga or weightlifting, and you would be willing to pay up to \$20 for a wellness promotion program.  Most of you would attend a wellness program a couple of times each month and the best time of day for such activities would be immediately after work.</p> <p>There was positive feedback during the few days we had the Tanita at different sites. We received some</p>	<p>Linda Jacobs &amp; Jennifer Walters</p> <p>Jackie suggested having a link to wellness activities in the Winona area. This could possibly be placed on the website.</p> <p>Possibly have a newsletter for staff.</p> <p>Maybe we could have a wellness hour on workshop days.</p>

		<p>great ideas about incentives for becoming more fit and active if we were to get a permanent Tanita at WAPS. The survey shows that most of you are dissatisfied with the amount of physical activity you participate in. We would like to know, what would motivate you to reach your goals?</p> <p>Blood Drive---Next one on May 11th</p> <p>Emily Solheid stated that she will work with Health Initiatives with Insurance Company</p> <p>Vanessa stated that Sara Johnson from the Joy Labs could do a promotion</p>	<p><a href="#">Wellness</a> Dimensions</p>
School Nutrition	Briefing	<p>Meals continue to be free this school year.</p> <p>Unfortunately, Congress did not approve waivers to allow for free meals for the next school year. Governor Walz made proposals on areas the Minnesota budget surplus could be spent. Within his <a href="#">Helping Children and Families</a> proposal, he is asking that free meals continue for all students.</p>	Jennifer Walters
COVID-19	Information	<p>Discussion regarding Covid-19 Mitigation at WAPS.</p> <p>New protocols that coincide with CDC.</p>	Jackie Henderson--- Discuss with Community HUB
Grants Available	Informational	<p>SHIP grants</p> <p>Would SHIP provide funds for lunch trays?</p> <p><a href="#">Stainless Trays</a></p>	Kelsey Ocello
Other business	Informational		

Adjournment	Procedural	The next meeting will be on April 27 at 8am	Committee Input
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