

Wellness Committee Meeting



Meeting Date:	March 21, 2024	
Meeting Start/EndTime:	8:00-9:00	
Meeting Location:	District Office or Google Meet	
Members Present:	Amanda Langley, Linda Jacobs, Cristen Schultz, Jackie Henderson, Jennifer Walters, Casey Moger Kate Bergstrom, Caitlin Kuehborn, Diego Ramirez	
Other Attendees:		
Members Absent:		

<p><i>Our Vision:</i> A safe and inclusive community of compassionate, curious and resilient lifelong learners..</p>	<p><i>Our Mission:</i> Inspire, curiosity, empower resilience, engage community.</p>
<p><i>District Belief Statements:</i></p> <ul style="list-style-type: none"> ● We believe that public schools should serve and engage students, families, staff and the community. ● We believe learning and teaching is maximized in a safe, respectful and inclusive environment. ● We believe every individual's diversity and experience is valued. ● We believe healthy relationships are crucial for the success of our schools. ● We believe that every student can achieve to the best of their ability. ● We believe all decisions should be focused on students and their success. 	<p><i>Core Values:</i></p> <ul style="list-style-type: none"> ● Safety: Everyone's physical and emotional well-being is a priority. ● Integrity: Everyone does the right thing and makes positive choices, even if it is difficult. ● Inclusivity: Everyone belongs, is valued and is heard. ● Equity: Everyone has the opportunities, access, information and support provided in the individual way they need it. ● Respect: Everyone's differences are recognized, acknowledged and celebrated.

Our Team Collective Commitments:

- We will maintain a fun and positive environment by assuming honorable intent.
- We will be active participants in the decision making process and respect and follow through with all decisions made.
- We will limit technology, limit/eliminate side conversations and be responsible for our individual and collective retention of information to be actively engaged.
- We will be student centered and results focused.
- We will use data and evidence to inform discussions and decisions.

<u>Agenda Item:</u>	<u>Type:</u> (Procedural, Information, Briefing, Action)	<u>Discussion/Action:</u> (Minutes)	<u>Person Responsible:</u> (Reports to Superintendent)
Call to Order	Procedural		
<i>Welcome</i>	Information	Member Introductions	Jennifer Walters
Wellness Initiatives at the Schools	Action	<p>Updates- WALK BIKE ROLL TO SCHOOL May 8th Sign Up your School</p> <p>Farm to School--FEAST! Local Foods Tradeshow Expo + Awards @ Thu Mar 21, 2024 Cannon Falls</p> <p>Dimensions Worksheet Newsletters have been going out to Elementary Students.</p> <p>Student Nutrition Advisory Council (SNAC) Caitie K. has been working with MN Extension and taught nutrition classes at the MS. Survey was sent to HS students, but there needed to be more interest in joining the council. Caitie and Diego taught a cooking class to HS FACs during National School Breakfast</p>	Wellness Committee

		<p>Week. They were able to gather input from the students. The students stated that they would like to see the egg muffins they made on the breakfast line.</p> <p><u>HANGING WITH THE HERKY BUS--</u> Herky Bus Site Dance at the MS for Elementary School Students and parents must attend on March 23rd. \$15 for parent and child or up to \$25 with additional family members. In the future, a scholarship could be awarded by asking families to donate extra.</p> <p>Apr 6, 2024 ---Summer Kick Off & Family Fun Day--Collect Summer camp information and open gym and open swim available---\$125/table to rent. No fee to attend but donations for Volunteer Services will be accepted.</p> <p>Apr 13, 2024 --Vendor & Craft fair at the HS--\$40 per table to rent. No fee to attend.</p>	
Staff Wellness	Information	<p><u>COMMUNITY EDUCATION</u> Winter/Spring catalogs are available in the Community Education Office. For more information about Community Education programs or to register for any of our classes, click on the links below, or give us a call at (507) 494-0900.</p> <p>Community Education Online Catalog Link Community Education Flip-Through Catalog</p> <p><u>STAFF WELLNESS DISCOUNTS</u> Please be reminded that all WAPS Employees are able to receive a 50% discount on Community Education's Fitness & Wellness classes. <i>Note: This discount is considered "taxable income" by the IRS - so you will see it is reflected as part of FICA.</i></p>	Linda

		<p>Summer Yoga-We will have an Outdoor (morning) Yoga class on Tuesdays beginning July 9th outside of the WSHS. The fee is only \$10 and they will be accepting donations for the Our Voices group which supports BIPOC students.</p> <p>Blood Drive: Next Blood Drive is scheduled for Wednesday, May 8th, 2024 at the WSHS. Exploring space options as the last blood drive was canceled due to a bird getting in (and landing on a cot).</p>	
Other Business	Follow-up	<p>Where are we in regards to these projects?</p> <p>SHIP GRANT--9 SQUARE PURCHASED FOR MIDDLE SCHOOL. There are 2 sets--one permanent and one mobile. PTO purchased a GaGa pit as well.</p> <p>The items have been purchased and are at the MS. Portable 9 square is in use. Permanent 9 Square is now up and can be used. <i>Have made this structure movable.</i></p> <p>5th & 6th Grade--Would like Jump Ropes Cristen Schultz said she would give them to the 5th and 6th grade teachers. Another idea is to invite Winona State Students as a part of Gr8 Kids to spend lunch recess hour in the gym playing with the MS students.</p> <p>Walking Challenge for grades PK--5 Activity Tracker Link---Possibly Convert to Spanish,- Only one student posted minutes.</p>	Committee input
Adjournment	Procedural	Next Meeting Fall of 2025	Committee Input

Meeting notes