

Wellness Committee Meeting



Meeting Date:	Nov. 16, 2023	
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, Emily Solheid, Casey Moger, Kate Bergstrom, Caitlin Kuehborn	
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- Newsletter-- Live Well Work Well Emily could share with WAPS staff. Jolie receives information from an insurance agency. Is it worth the time? We should see if people would like the information. Amanda would like the links. Let's see what would be the best way to share information.</p> <p>Farm to School Update Currently purchasing local beef and produce. Received an update that the grant can be extended and possibly added to the current grant. Applied for another Farm to Table grant and requested funds to purchase a new Combi Oven and \$15K in food.</p> <p>Dimensions Worksheet Do we keep the same worksheet? YEA</p>	Wellness Committee

		<p>Do we want to have something more on social media?</p> <p>---Possible link online. Would need to have a person to push out the link. Simple newsletter with an infographic. Send a message to principals to gather pic of students.</p> <p>Ask Tina Smeby to put an article on MS Facebook.</p> <p>HS--look into avenues like FB or newsletter.</p> <p>WINHAWKS in the KNOW</p> <p>Celebration Days</p> <p>Order local products for Practical nutrition-- May coincide with Dimensions Worksheet/Newsletter</p> <ul style="list-style-type: none">• Safe Routes to School Boost Grant - Proposed Activities---Received Grant and meeting will be on Nov 21st to discuss. Need to put together a resolution, and scope, and finalize the budget for School Board Approval.• After meeting with Community Ed, it was decided to rescind the grant.• <p>Possible crossing guards? Focus MS for Walk, Bike, Roll to School.</p> <ul style="list-style-type: none">• Safe Routes to School (SRTS) Boost Grants <p>87 flu and 41 COVID shots were administered at our staff flu shot clinic.</p> <p>Blood Drive---</p> <p>Blood Drives at WSHS - Will work with NHS students to promote staff/student blood drives for the 2023-2024 school year.</p>	
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		<p>Dates: November 1, 2023 = 26 units collected Will look into changing the time back to 8:30 to 2 pm Encourage students to donate. Make sure people sign up for Winona, MINNESOTA.</p> <p>January 31, 2024 May 8, 2024</p> <p>STAFF WELLNESS- ½ OFF Our Community Education Links are: Online registration link: https://winona.cr3.rschoolday.com/public/home Our website address is: https://www.winonaschools.org/communityed Our flip- through catalog link: Flip Through Catalog</p> <p><u>HANGING WITH THE HERKY BUS-- Herky Bus Site</u> Discussed ways of getting information out to the public. Casey is going to contact someone from the VISIT WINONA site so it can be listed on the Events page.</p>	
Other Business	Action	<p>Forks Farm (Amanda) Two students have taken charge of the hydroponic gardens. Basil and lettuce seeds were mixed. Basil causes algae, so a new batch is being planted.</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. The committee was wondering if the pit could be</p>	Committee input

		<p>set up in the cafeteria so students can exercise after lunch.</p> <p>5th & 6th Grade--Would like Jump Ropes Cristen Schultz said that she will find some for the group as there are some in storage.</p> <p>Walking Challenge for grades PK--5 Will send out challenge sheets at the end of December of start up in January.</p>	
Adjournment	Procedural	Next Meeting January 18, 2024 8 am to 9am	Committee Input

Meeting notes