

## Wellness Committee Meeting



<b>Meeting Date:</b>	January 18, 2024	
<b>Meeting Start/EndTime:</b>	8:00-9:00	
<b>Meeting Location:</b>	District Office or <a href="#">Google Meet</a>	
<b>Members Present:</b>	Amanda Langley, Linda Jacobs, Cristen Schultz, Jackie Henderson, Jennifer Walters, Casey Moger, Kate Bergstrom, Caitlin Kuehborn & 2 Winona State Interns - Grace Christopherson & Savannah Schaefer	
<b>Other Attendees:</b>		
<b>Members Absent:</b>		

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

***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.

<b><u>Agenda Item:</u></b>	<b><u>Type:</u> <b>(Procedural, Information, Briefing, Action)</b></b>	<b><u>Discussion/Action:</u> <b>(Minutes)</b></b>	<b><u>Person Responsible:</u> <b>(Reports to Superintendent)</b></b>
Call to Order	Procedural		
<i>Welcome</i>	Information	Member Introductions	Jennifer Walters
Wellness Initiatives at the Schools	Action	<p>Updates- Newsletter-- <a href="#">Live Well Work Well</a> Jen will ask Jolie to distribute to all staff.</p> <p>Farm to School Update Received an extension to use funds from FY23 and received an additional \$12,500 for FY24-25 Need to do some more outreach to local farmers to purchase products. Meeting with Winona County Board member and Lewiston/St. Charles Schools.</p> <p>MS School Breakfast--- <b>Observed that many students do not eat the fruit/juice that is a part of a reimbursable breakfast. Many students put them on a sharing cart. Possible ideas are to sample fruit dips, quick-to-eat items, and Uncrustables.</b></p> <p><a href="#">Dimensions Worksheet</a></p>	Wellness Committee

		<p>Newsletters have been going out to Elementary Students. Still need to research how to get messages to MS and HS.</p> <p>Ask John Casper about data on how many students read Winhawks in the Know.---Make Wellness Article available to MS/HS. Jackies suggested promoting the Community HUB in the Community Flyers.</p> <ul style="list-style-type: none"><li>• Safe Routes to School Boost Grant - Decided to rescind offer. <a href="#">Safe Routes to School (SRTS) Boost Grants</a></li></ul> <p><b>Student Nutrition Advisory Council (SNAC)</b></p> <p>Caitie K. is going to be working with us for the semester and will pull students together from the HS to serve on the committee. She is also working with MN Extension and will be teaching nutrition classes at the MS.</p> <p>Jackie suggested posting something on a poster of what ideas would entice them to eat fruit/veggies or do activities.</p> <p>MS would like to have a dance. The WMS PTO would assist. Maybe partner with other organizations that serve youth.</p> <p><b><u>HANGING WITH THE HERKY BUS--</u></b> <a href="#">Herky Bus Site</a></p> <p>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 ---Family Fun Day--open gym and open swim---\$125/table to rent. Donations for Volunteer Services will be accepted.</p>	
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		<p>Apr 13, 2024 ---Craft fair at the HS--\$40 per table to rent.</p>	
<p>Staff Wellness</p>	<p>Information</p>	<p><b><u>GIVE BLOOD! ~ Blood drive on January 31, 2024</u></b>  Please share the information below with families, coworkers and students (16+). If you are able to fit this into your schedule - please consider donating. Thank you!</p> <p>Right now the Red Cross is <u>experiencing an emergency blood shortage</u>. Hospital demand for blood remains high, so it's critical that blood is always available. One blood donor can make a big impact, and one appointment is all it takes.</p> <p>Mark your calendars for the next blood drive:  Wednesday, January 31, 2024  <b>8:30am – 2:30pm</b>  Winona Senior High School Concourse</p> <p><b>Please plan on giving blood if you can!</b>  All students who are at least 17 years old can donate!  <i>If you are 16 years old - you can still donate! - It is required that you fill out a Parental Consent Form before you donate.</i></p> <p><b>To schedule your appointment:</b> Call 1-800-RED CROSS (1-800-733-2767) or online at: RedCrossBlood.org and enter: winonahigh.</p> <p>Or click on the following link:  <a href="https://www.redcrossblood.org/give.html/drive-results?zipSponsor=winonahigh">https://www.redcrossblood.org/give.html/drive-results?zipSponsor=winonahigh</a>  <b>COMMUNITY EDUCATION</b></p>	<p>Linda</p>

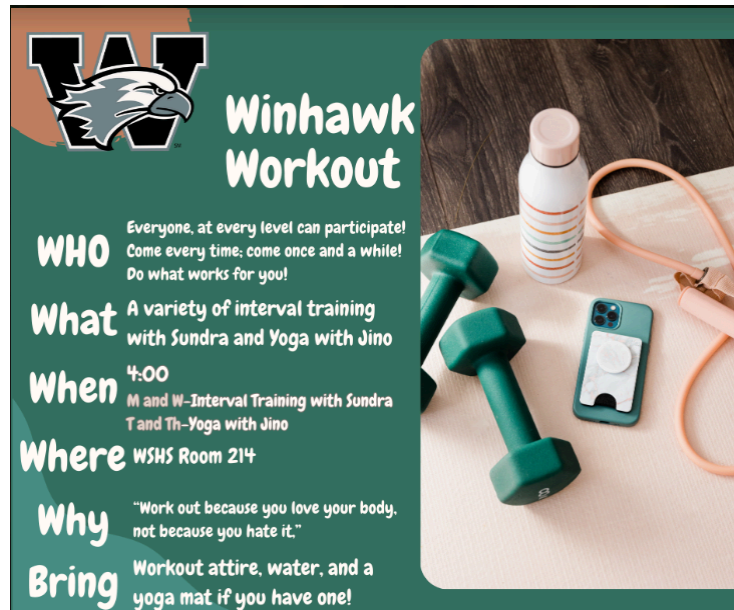
Winter/Spring catalogs are available in the Community Education Office. For more information about Community Education programs or to register for any of our classes, click on the links below, or give us a call at (507) 494-0900.

[Community Education Online Catalog Link](#)  
[Community Education Flip-Through Catalog](#)

**STAFF WELLNESS DISCOUNTS**

Please be reminded that all WAPS Employees are able to receive a 50% discount on Community Education's Fitness & Wellness classes. *Note: This discount is considered "taxable income" by the IRS - so you will see it is reflected as part of FICA. It is a very minimal amount.* Click on the link below to see the Fitness & Wellness classes that Community Education can offer you:

[Fitness & Wellness Class Link.](#)



**W** Winhawk Workout

**WHO** Everyone, at every level can participate!  
Come every time, come once and a while!  
Do what works for you!

**What** A variety of interval training  
with Sundra and Yoga with Jino

**When** 4:00  
M and W-Interval Training with Sundra  
T and Th-Yoga with Jino

**Where** WSHS Room 214

**Why** "Work out because you love your body,  
not because you hate it."

**Bring** Workout attire, water, and a  
yoga mat if you have one!

Other Business

Follow-up

Where are we in regards to these projects?

Committee input

		<p>SHIP GRANT--9 SQUARE PURCHASED FOR MIDDLE SCHOOL. <b>There are 2 sets--one permanent and one mobile. PTO purchased a GaGa pit as well.</b></p> <p>The items have been purchased and are at the MS. Waiting until Spring to put them in place.</p> <p><b>5th &amp; 6th Grade</b>--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 <a href="#">Activity Tracker Link</a>---Possibly Convert to Spanish,</p>	
Adjournment	Procedural	<b>Next Meeting March 21st</b>	Committee Input

Meeting notes