

Wellness Policy Committee Meeting Minutes

Tuesday, February 20, 2024

8:30 am

NRHEG Board Room, New Richland or remote

Members: Carrie Petsinger, Beth Schoenrock, Onika Peterson, Sara Meihak, Brooke Krohn, Grant Berg, Craig Kopetzki, Dan Sorum, Karen Flatness, Samantha Joecks, Payton Bunn, Kiyah Mikesell, Kiera Lenort, Wendy Schultz, Ashley Killday, Elizabeth Viktora, Melissa Karl, Aaron Phillips, and Mike Meihak

Members Present: Carrie Petsinger, Gabrielle Alvarado (Health Educator and grant coordinator for Steele County Public Health), Grant Berg, Mike Meihak, Sara Meihak, Aaron Phillips, Kristin Friedrichs (Waseca County Public Health)

Meeting Purpose: Discuss the development, implementation, and periodic review and update of the wellness policy (533: Wellness).

1. Review meeting minutes from 12/12/2023. These were approved and will be posted on the website.
2. Current wellness concerns
 - i. MN student survey results
 1. Focus areas
 - a. Staff & mental health issues
 1. Student mental health - The mobile mental health unit that MSU was going to provide to NRHEG has been put on hold until Fall 2024. This is due to staff turnover as well as credentialing and liability.
 - b. Parents & student technology
 1. Survey
 - a. The survey results were presented to the wellness committee members present. The summary and detailed results will be shared with members via email. It may be beneficial to do another survey next year or in the future if cell phone usage/guidelines within the building changes.
 - b. POSSIP - There has been no further communication or determination regarding this platform. Mike updated the group in that the school website's current provider has been bought out and the transition will occur during the spring/summer. The school board will explore the change in the provider to see if there are new platforms that will offer.
 2. Education

- a. Reach & Health @ Secondary - Gabrielle states she has 2 presentations ready and they are just waiting for the grant to be approved. Education will be provided in the spring as the winter makes it challenging for the closures and travel. 1 presentation is geared towards 10th grade and the other is toward 5/6th grades. Carrie will email classes/grades and include Gabrielle in the email so she can set up dates when the grant is approved.
 - b. 5th grade/phones Elementary - Carrie will connect the 5th grade teachers with Gabrielle. Carrie will also reach out to Gabrielle to discuss if the cell phone education/vaping education will be appropriate for 4th grade. If it is, Carrie will assist in scheduling this with the 4th grade teachers. Carrie will also reach out to see if it might be appropriate for the 5th grade to have this occur during the tour/orientation at the secondary school in the spring.
3. Roundtable/concern/questions - Kristin from Waseca County Public Health is looking into a couple things including Live More Screen Less to see what resources they have and also wanted to be sure that the youth mental health navigator from the region was in contact with our school district. Carrie was able to find an email where it was indicated that the youth mental health navigator is in fact in contact with Taryn Wheelock, our family services coordinator in the elementary.
Mr. Meihak indicated he is looking into MOBE which is offered through the school's health insurance to see how that may be beneficial for staff and will also look into other opportunities for staff to utilize our health plan to it's highest potential.
4. Next Meeting Date (Must meet 4 times annually)
 - I. Fall 2024
5. Meeting Adjourned