

## Wellness Policy Committee Meeting Minutes

Tuesday, December 12, 2023

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, Craig Kopetzki, Samantha Joecks, Gabrielle Alvarado (Health Educator and grant coordinator for Steele County Public Health), Grant Berg, Mike Meihak, Sara Meihak, Aaron Phillips

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

1. Review meeting minutes from 10/3/2023. 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. Staff education by Steele County Public Health - none arranged at this time
        2. Staff received education on naloxone at a recent staff meeting.
        3. At staff development on Nov 7th there was a presenter, Cindra who focused on staff mental health and well-being
        4. At the staff development on Jan 15th there will be a presenter regarding customer service - which is in a way to help staff learn to deal with parents - which may lead to better mental health and job satisfaction
        5. March 4th staff development is scheduled to have a presenter Kim Campbell talk about finishing the year strong and provide motivation to staff.
        6. Student mental health- the mobile mental health clinic was discussed and Mike brought up that we may have declined to have them help out in our school, but he was unsure. Carrie had spoken with Liz about this and that was not indicated, but Carrie will reach out to Brooke and see if she has a different outlook on our relationship with MSU mobile mental health clinic.
      - b. Parents & student technology

1. Survey
  - a. Additions - no additional or changes were recommended to the student cell phone survey. The survey will be shared with 1st hour teachers and in the announcements . 1st hour teachers will have students complete it prior to winter break. Results will be looked at during our next wellness meeting.
  - b. Mike shared that the school/school board is looking at something called [POSSIP](#) - which stands for positive gossip. It is a platform schools can use to communicate with staff, students, parents, and the community. It offers a short weekly survey - typically one question - to get a grasp on the community opinion and effect that phones are having on mental health.
2. Education
  - a. Reach & Health @ Secondary - Gabrielle is working with teachers regarding student education on vaping and mental health relationship
  - b. 5th grade/phones Elementary - Craig reported that the 4th and 5th grade teachers are interested in having education provided to students regarding both cell phones and vaping, but wanted to have this addressed in the spring. Discussion for 4th grade in combining it with the puberty talk. 5th grade was interested in having it be a part of the transition to the secondary building. We will re-visit this at our next meeting as it is closer to spring.
3. Roundtable/concern/questions - Waseca County Public health is interested in helping the staff wellness committee support staff members. In the past, there was a subcommittee of a staff member in each building who helped support the staff and arranged activities, etc. Carrie will reach out to those staff members to see if it is something they are interested in helping with again. From there, we will see if there is staff interest in wellness activities. If both those are in place, we will have Waseca County Public Health help.
4. Next meeting date (must meet 4 times annually)
  - a. Feb 20,2024
  - b. May 14, 2024
5. Meeting Adjourned