

NRHEG Wellness Committee MINUTES

February 8, 2022

2:30 pm

New Richland Media Center or remote

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

Committee Members: Carrie Petsinger, Beth Schoenrock, Onika Peterson, Melissa McCornack, Ginger Raimann, Brooke Krohn, Dave Bunn, Nick Jurrens, Karen Flatness, Ashley Killday, Mary Urch, Kiyah Mikesell, Payton Bunn, Kiera Lenort, Benjamin Schoenrock, Alex Dobberstein, Dan Sorum, Elizabeth Viktora, Melissa Karl, Samantha Joecks, Wendy Schultz

Members Attending: Mary Urch, Samantha Joecks, Ashley Killday, Carrie Petsinger, Dan Sorum

1. Review minutes/meetings from 11/11/2021. These were reviewed and approved by members present. These will be posted online.
2. Review triennial assessment/gather data from reviews. As of the beginning of the meeting, approximately 6 members had submitted their results. The results will be tallied and rated against the standard. From there we can assess the district's compliance with the federal guidelines for the school districts' wellness policy. Carrie will take and compile the ratings and present these at the next meeting where these can be reviewed. Once that is complete, they will be posted on the district website.
3. Current wellness concerns
 - i. Student beverage choices - There has been concern brought up by both staff and students about beverage choices students are making while in school. An email was sent to all staff and parents in November. Payton Bunn and Kiyah Mikesell were asked to prepare a poster or some sort of informational pictures to post to help remind students to drink healthy beverages. Payton Bunn sent Carrie a poster prior to the meeting. This was shared at the meeting and it was approved to be hung in both schools.
 - ii. Water fountains/COVID - Water fountains in both buildings are on and functional. No water fountains are closed due to COVID.
4. Roundtable/concerns/questions - Mary Urch and Ashley Killday with SHIP through Steele and Waseca County Public Health offered education on vaping and social anxiety for both students jr. high and up and staff. They have done this education for WEM and Waseca recently. It has been offered to teachers and PTO groups. They are also able to assist in purchasing skis or snowshoes for PE/gym classes. Current funds are used up but we can look to apply for a grant again the in fall.
5. Next meeting date (must meet 4 times annually)
 - April 6, 2022
 - May (TBD)
6. Meeting Adjourned