

NRHEG Wellness Committee MINUTES

November 11, 2021

2:30 pm

New Richland Media Center

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

Members Attending: Virginia Raimann, Mary Urch, Carrie Petsinger, Payton Bunn, Kiyah Mikesell, Nick Jurrens, Onika Peterson, Beth Schoenrock.

1. Minute review – Last year chair was on leave. It appears that there was at least 1 meeting however it appears that minutes were not published. We will start fresh this year and publish meeting minutes after reviewing.
2. Review Current Policy and proposed changes.
 - a. Policy was reviewed at the Oct 21st school board meeting to adopt proposed changes.
 - b. Current representation in reviewing our policy, representation is recommended for
 - i. Board members – none are currently on the committee. Carrie will reach out to invite board members.
 - ii. Parents – we have 1 parent who was invited but did not attend. Carrie will invite parents district wide to become involved.
 - iii. Students – we have 5 students currently on the committee.
 - iv. Staff – we have good staff representation however we would like to invite Mr. Sorum who leads the greenhouse efforts to see if he would like to have input in the meetings.
3. Current wellness concerns
 - a. Student beverage choices
 - i. Email to parents/students – Carrie will draft email to parents and staff reminding them of our policy and expectations.
 - ii. Student to student email – Kiyah and Payton will come up with a way to get information to students that the students will be receptive to. This may be included in announcements.
 - b. Water fountains/COVID – recent studies have shown that water fountains do NOT carry COVID and should be turned on. Carrie will reach out to Ellendale custodians and Mr. Jurrens to ask that all water fountains be accessible. There is one in Ellendale that remains taped off. Unsure if it is broken or if it is due to COVID requirements.
 - c. Steele County Public Health – Mary Urch offered some educational opportunities for both staff and students. Steele County Public Health offers education to both staff and students on stress and coping. They also offer education to health classes on vaping. Ms.

Peterson, our health teacher, indicated she is interested in having Steele County Public Health educate NRHEG students. Carrie will get Mary Urch and Ms. Peterson contact information to discuss this opportunity. Carrie will also reach out with Ms. Rhyks to see about having public health come in for staff education. Mary also indicated that they have spoken at sports meetings with students and parents. Carrie will also present this opportunity to Mr. Stork.

4. Triennial Assessment – Our triennial assessment was to be completed as of last year. Due to COVID, this did not happen. Carrie will email staff members so they each individually review our wellness policy and have input on their review of it. The assessment results will be posted on the internet. The goal is to have the review completed by next meeting.
5. Roundtable/concerns/questions
 - a. Mary Urch offered that Steele County is offering grants for PE classes to purchase snowshoes, skis, and equipment that encourages our students to remain active while allowing them to explore new activities.
6. Next meeting date (must meet 4 times annually)
 - January
7. Meeting Adjourned