

NRHEG Wellness Committee MINUTES

May 18, 2022

2:30 pm

New Richland Board Room or remote

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

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

Members Attending: Mary Urch, Carrie Petsinger, Michael Meihak, Nick Jurrens, David Bunn, and Elizabeth Viktora

1. Review minutes/meetings from 4/6/2022. These were reviewed and approved by members present. These will be posted online.
2. Current Wellness Concerns:
 - a. SHIP Grant: A grant was applied for from the Waseca County SHIP program. The intent of this grant is to encourage healthy snacks for after school. At this time our focus is on the Panther Den - an after school homework help program. The grant project will fund a snack cart, as well as advertising and some sample foods for the students to try. In order to get the kids involved, we held a design challenge for the students to name and come up with a design for the sign that will be on the cart.
 - b. Wellness Cart/Design challenge - Continuing from letter a - the design challenge was held at the secondary school and it ended on May 1st. There was one student who submitted a drawing/name. This drawing was shared with the group. Carrie Petsinger will contact the Star Eagle to see if they would do an article to recognize the student. The school will consider putting information on the board out in the parking lot. Also, the student will be recognized during lunch and given the awards - this includes a \$25 gift card from Neighbor's Meats, a \$25 gift card from Casey's, and the ability to go first in the lunch line for a week.
3. Roundtable/concerns/questions - Mary Urch offered education again to NRHEG schools. The results of the Minnesota Student Survey have not been posted yet. However, plans for fall include offering education to athletes about healthy eating and vaping. The goal is to provide this during the summer sports sign up where parents are also present.
5. Next meeting date (must meet 4 times annually)
 - Fall 2022 (TBD)
6. Meeting Adjourned