

Wellness Policy Committee Meeting Minutes

Tuesday, December 10, 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, Ethan Rindfleisch, Emma Johnson, Clara Buendorf, Kylie Olson, Wendy Schultz, Ashley Killday, Elizabeth Viktora, Melissa Karl, Aaron Phillips, and Mike Meihak

Members Present: Carrie Petsinger, Sara Meihak, and Mike Meihak

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

1. Review meeting minutes from 10/29/2024. These were reviewed, however the present members were not at the meeting on 10/29/24. Carrie will send out the meeting minutes and ask for any changes or corrections to be addressed by 12/17/24. If nothing is brought up, the minutes will be approved and posted on the website.
2. Current wellness concerns
 - a. Staff
 - i. Staff Mental Health
 1. Public health at staff development days - Discussion about staff development on Jan 21st and possibly offering some sort of mental health support for staff. Thrivent is a company that offers financial assistance to staff. Mr. Meihak stated that they have a mini-grant for members (\$250) for community benefit. Mr. Meihak will look into this to see if it is something members may be able to apply for to promote staff wellness.
 2. SHIP offerings - Carrie Petsinger did reach out to Ethan Rindfleisch at Steele County Public health about the SHIP grant. The application was due on 11/15/24. A recommendation was to create a calming space for staff to use. Many other employers would use the mother's room as a calming space. Because of lack of space, this was not felt to be something NRHEG schools could support. Our Ellendale site would have the space, however the room currently supports 2 mothers with a 3rd in the winter. The secondary site mother's room is quite small and is not calming as it has a large amount of electronic equipment in the room which supports the entire school.
 - b. Student
 - i. Student mental health
 1. Education Opportunities
 - a. Reach/Health - no updates
 - i. YOLO - no updates
 - b. 6th grade - spring 2025
 - c. 4th/5th grade (regarding phones, vaping) - spring 2025

- d. Mobile Mental Health Unit with MSU - on hold - no updates - Carrie will reach out to the contact for an update.
 - e. Younger students - Kindergarten and up - no update - Carrie will reach out to public health.
 - f. Parents - no update - Carrie will reach out to public health.
 - ii. 2025 Student Survey & Results - NRHEG will plan to offer this. Mr. Meihak feels it may be sent to the principal. Jason Toupencc did not know about the survey when Carrie had reached out to him.
- c. Public
 - i. Flu/covid vaccination offering in fall - based on survey results, time and convenience were biggest factors for people taking advantage of the vaccinations at the schools. Mr. Meihak felt that either having public health offer the vaccinations OR Homeland health will be fine. He had no concerns with switching.
- 3. Roundtable/concerns/questions - Mrs. Meihak stated that she heard about headspace which is an app and website that offers mental health support. Educators are able to access it for free! Carrie will look into this a little bit more and most likely send it out to staff. Mrs. Meihak mentioned that she has done a bingo in the past and maybe ask local businesses for some sort of incentive to use toward rewards. Carrie will be meeting with Wendy Schultz as a sub-committee for staff wellness.
- 4. Next Meeting Date (Must meet 4 times annually)
 - a. Jan/Feb - Jan 21st is a staff development day which may be very good for staff to attend the meeting. Carrie will send out an email and see if members have a conflict with scheduling it that day. Carrie will also reach out to Jason Toupencc regarding the schedule that day.
 - b. April
- 5. Meeting Adjourned