

Wellness Policy Committee Meeting Minutes

Tuesday, October 29, 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, Grant Berg, Craig Kopetzki, Samantha Joecks, Emma Johnson, Clara Buendorf, and Kylie Olson

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

1. Review meeting minutes from 5/7/2024. These were reviewed and approved. They will be posted on the website.
2. Current wellness concerns
 - a. Staff
 - i. Staff Mental Health
 1. Public health at staff development days - At this time there is nothing scheduled
 2. There is a staff development day on Nov 5th. Brooke Krohn has set up to have someone come in to talk about mental health. This presentation was by South Central Human Resources about community resources and recognizing signs of mental health issues. This presentation did not address staff mental health. It did meet requirements for the board of education regarding Suicide Prevention. Carrie will also reach out to Brooke Krohn and Jason Toupen (staff development committee) to see if there is anything set up for the future for staff mental health.
 - b. Student
 - i. Student mental health
 1. Education Opportunities
 - a. Reach/Health - since Emma Johnson from Steele County Public Health is new, she will be reaching out to Mrs. Eder and Ms. Peterson to see if she can offer any education to Reach & Health classes.
 - i. YOLO - Emma Johnson will also be working with Brooke Krohn and Liz Stiernagle to see if we can get a group set up at NRHEG. This group is a peer to peer group that works on vaping and reducing the students that vape.
 - b. 6th grade - Last spring there was education on vaping and cell phone use to the incoming 6th graders when they had orientation to the secondary building. This was provided by public health.

- c. 4th/5th grade (regarding phones, vaping) Ethan Rindfleisch from Steele County Public Health provided education to the 4th graders last spring.
 - d. Mobile Mental Health Unit with MSU - currently on hold
 - ii. 2024 Student Survey & Results - There has been quite a few schools not completing this survey per Steele County Public Health. Administration at the meeting recommended checking with Mr. Toupenche to see if NRHEG is still planning to have students fill out the survey. Carrie Petsinger will follow up with this also.
- 3. Roundtable/concerns/questions - Mrs. Joecks mentioned that it may be beneficial to offer some education for younger students - as young as kindergarten regarding social media and offering some sort of parent support to help parents appropriately talk to their children about it and provide some guidance regarding limit setting. Steele County Public Health will see what they can offer regarding education for younger students/parent support. Emma Johnson offered that Steele County Public Health would be willing to offer some mental health support to staff. There is also SHIP available to promote worksite wellness. This is coordinated through Ethan Rindfleisch. Carrie will reach out to Ethan Rindfleisch to learn more about what SHIP can offer.
- 4. Next Meeting Date (Must meet 4 times annually)
 - a. Dec 10th, 2024
 - b. Jan/Feb
 - c. April
- 5. Meeting Adjourned