

Wellness Policy Committee Meeting Minutes

Tuesday, March 18th, 2025

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, Mike Meihak, Sara Meihak, Grant Berg, Craig Kopetzki, Emma Johnson, and Ashley Killday

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

1. Review meeting minutes from 1/21/2025. These were reviewed and approved. They will be posted on the wellness website.
2. Current wellness concerns
 - a. Staff
 - i. Staff Mental Health
 1. Staff development days - Update from Mr. Meihak on the mini-grant through Thrivent - he states that the grant was for \$250 and it did include "incentives". There was no deadline on utilizing the money, but they do need an update on how the grant was utilized.
 2. SHIP offerings - Carrie Petsinger did apply for the grant in Steele County for the SHIP grant for the calming area/space. The grant winners will be notified in April with a completion in September. Ashley informed Carrie that the Waseca county SHIP grant application is also available, so Carrie will work on that application soon..
 - b. Student
 - i. Student mental health
 1. Education Opportunities
 - a. Reach/Health
 - i. YOLO - Emma presented in mid-Feb to 7th, 9th and 10th graders. There were quite a few students interested, approximately 25-30. Emma, Brooke, and Liz will have the first meeting for this group on April 1st during lunch. At that time they will discuss more what the group will focus on. Some topics that were discussed include vaping, social media, and bullying.
 - b. 6th grade - spring 2025 - Brooke will get this set up for Emma. They may also discuss YOLO at this educational opportunity.

- c. 4th/5th grade (regarding phones, vaping) - spring 2025 4th grade discussion has been set up for May 23rd. Brooke is again going to help Emma so she can be included in the orientation day.
 - d. Younger students - Kindergarten and up - Emma and Brooke are considering utilizing the high school student to teach the 3rd graders about YOLO and focusing on social media and bullying.
 - e. Parents - Videos that Emma shared with Carrie about internet safety were shared with parents. Emma also sent over some handbooks titled, "The Parent Handbook" which focuses on many different topics that middle schoolers & high schoolers have to deal with including social media, vaping, bullying, relationships, etc. This was made available to parents during conferences in the spring and we will continue to make them available in the future for open house and conferences. Copies were also given to Brooke and Liz to share with parents if needed. In order to reach parents of younger students, Emma had mentioned that she can get access to a parent handbook that is focused more on elementary students. She is working on getting that covered financially and then will send the books to the Elementary school. It is not advised to send a copy home with each student, but rather have them available for parents. The elementary school has many opportunities with parents including spring music concerts, conferences, open house, etc.
 - f. 2025 Student Survey & Results - Mr. Kopetzki said that the 5th graders will complete the MN Student Survey in May after MCA's. The high school students completed it on March 12th.
 - g. Committee Against Domestic Abuse (CADA) - Liz and Brooke held a presentation/active participation for 6,7, and 8th graders on March 14th and will have a presentation/active participation for grades 9-12 later in April.
3. Roundtable/concerns/questions - Ashley Killday stated that she is certified in the ACES interface presentation for parents & staff on aces and how to build resilience in students. This could be at a spring event, PTO meeting, or staff meeting. The training is 1-1.5 hrs. Ashley also is interested in the ACES scores of NRHEG students. This assessment is done in REACH classes yearly. Carrie will reach out to Robin Eder to see if she will share the most recent ACES scores with parents.

Mr. Meihak requested that Carrie Petsinger have a presentation with the school board in the fall to share what has been done to support student mental health.

Emma Johnson with YOLO also offered to present to the school board once the YOLO group is more established and has a better focus.

- 4. Next Meeting Date (Must meet 4 times annually)
 - a. Fall 2025
- 5. Meeting Adjourned