

Wellness Policy Committee Meeting Minutes

Wednesday January 14th, 2026

8:30 am

NRHEG Media Center, New Richland or remote

Members: Carrie Petsinger, Beth Schoenrock, Onika Peterson, Sara Meihak, Brooke Krohn, Grant Berg, Kim Meyer, 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, Kim Meyer, 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 11/19/2025. These were reviewed and approved.
2. Current wellness concerns
 - a. Staff
 - i. Sub-committee plans
 - a. January bingo - currently on hold as we are waiting for Mr. Meihak to locate the gift card for incentives.
 - b. February/March water challenge - we are brainstorming on incentives or recognition
 - c. Another idea offered at this meeting was a walking challenge - this could be as simple as mapping out distances within the building and/or encouraging walking meetings. This challenge could also tie into the walk/bike to school day which is on May 5th.
2. Youth Mental Health Training - Mr. Meihak had previously met with Carrie to discuss dates for the training. It was discussed that the district MAY allow staff to turn a student contact day into a staff development day - which is when we would be able to offer this training. The training is \$4,200 through YWCA. SHIP in Waseca county will most likely fund this. Emma from Steele County will check with Ethan Rindfleisch and see if they would be willing to split the cost. Once that is determined, Carrie will submit an application (or applications) to the county(counties) for the grant application. Ashley stated that the YWCA staff need to request PTO from their daytime jobs in order to present during a normal weekday. A date of Feb. 13th was discussed. This will need to be approved by the school board prior to booking and final confirmation. The school board meeting is next week on Jan 20th.
3. SEL education for staff - on Jan 20th staff inservice day, some of the staff will be receiving social-emotional learning education.
4. Ashley mentioned that Waseca schools had a push for present teacher, present student, present school where staff were taught and then developed a plan to implement it. This did involve some SHIP grant items to help them implement the education/resources they were provided. It was

designed to better equip teachers to keep students in class. At our last wellness meeting we had discussed a calming cart/corner but after speaking with other staff, the Steele/Waseca county staff felt it might be better to offer some sort of training in the fall and have bins with calming items in them to hand out to staff after the training. The training would be focused on how to help deal with quick issues (dysregulation, anxiety, etc.) We will continue working on this with the goal of presenting at fall workshop week.

- b. Student
 - i. Student mental health
 - a. Education Opportunities
 - i. Reach/Health
 - 1. YOLO - currently the YOLO group is working on a presentation for the reach and health classes. They plan to present to 4th grade, 6th grade, 8th grade, and possibly have a few of the members present to 10th grade later this spring.
 - 2. There is currently an offering/group called the Lighthouse. There are 2 groups : grades 3-5 and 6-8. They are a support group for anyone who has experienced loss of a loved one.
 - ii. 6th grade - no plan at this time for education - looking at Fall 2026.
 - iii. 4th grade (regarding phones, vaping) - May 15th, 2026
 - iv. 5th grade (regarding phones, vaping) - spring 2026
 - v. Younger students - Kindergarten and up - none at this time.
 - vi. Parents - we have made resource booklets from public health available at conferences for both elementary and secondary students.
 - ii. 2025 Student Survey & Results - results are in, but there are multiple groups working on cleaning up the data.
- 3. Roundtable/concerns/questions - Ashley Killday mentioned that there is a local pastor that offers grief yoga. This might be a great thing to offer the upper elementary and middle school students. This could be offered the second week in March 9-16th as there are no sporting events during that week. Carrie will work with Ashley to see about getting a few sessions at each building set up during that week. Mrs. Meyer asked about Minnesota Immunization Laws - with Kindergarten Round-Up coming she wanted to be current on immunization requirements. Although the CDC has changed what vaccines it recommends, MDH has not changed any immunization recommendations and the law that schools have to follow remains in effect. Students are either to be up to date on immunizations or have an exemption on file.
- 4. Next Meeting Date (Must meet 4 times annually)
 - a. March 18th, 2026
 - b. May
- 5. Meeting Adjourned