



Nutrition Services

Wellness Committee Meeting
October 20th, 2026

Introductions & Ice Breaker

- Name
- Connection to Wellness Committee
- What was your favorite (or least favorite) P.E. activity as a kid?

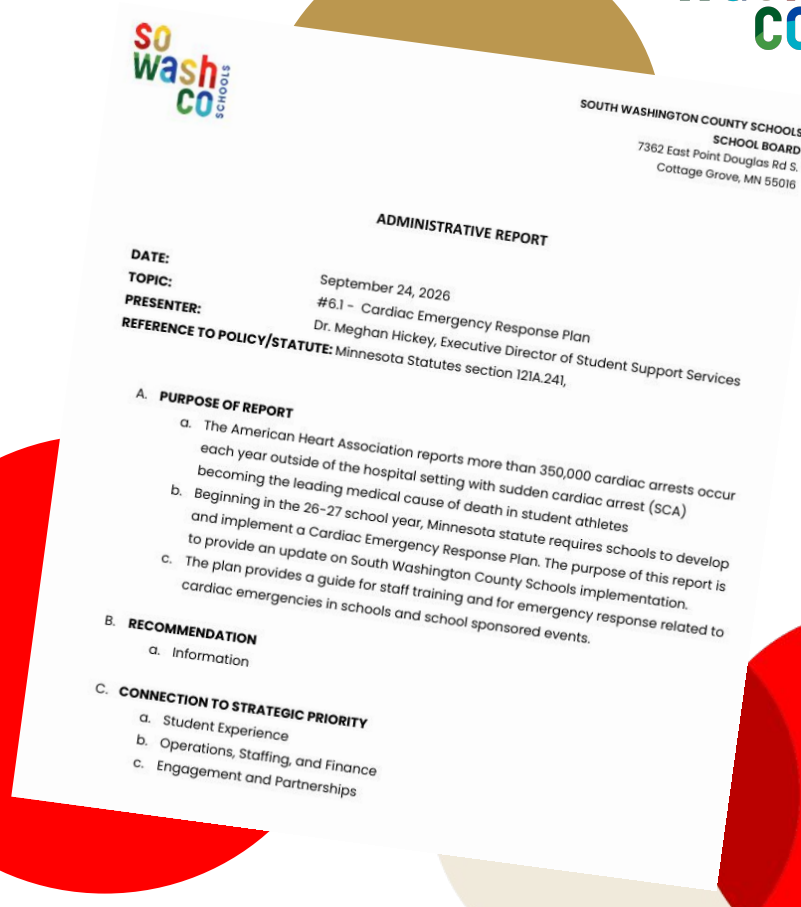
New Procedures for Cardiac Response Plan

Cardiac Event Definition

- Any sudden interruption in the normal function or blood flow of the heart

The Why?

- To keep SoWashCo students and staff safe
- More than 350,000 cardiac arrests occur each year outside of the hospital setting
- Sudden cardiac arrests becoming the leading cause of medical death in student athletes



Cardiac Emergency Response Plan (CERP)

- Guided by Minnesota Statute that all districts must have a CERP plan in place.
- Starting 2026-27 School Year
- Each school will have a Cardiac Emergency Response Team (CERT)
- All Schools have at least 1 Automated External Defibrillator (AED)
- Each team is comprised of members in designated roles.



CERT Team Members

- Licensed School Nurses (LSN)
- Health Care Specialists or Health Assistants
- Principals and Assistant Principals
- Student Deans
- Student Advocate
- Designated Building Office Professionals
- Physical Education Teachers
- Student Safety Liaison
- Hall Monitors
- School Psychologists
- School Counselors
- School Social Workers
- Secondary Special Education Coordinators

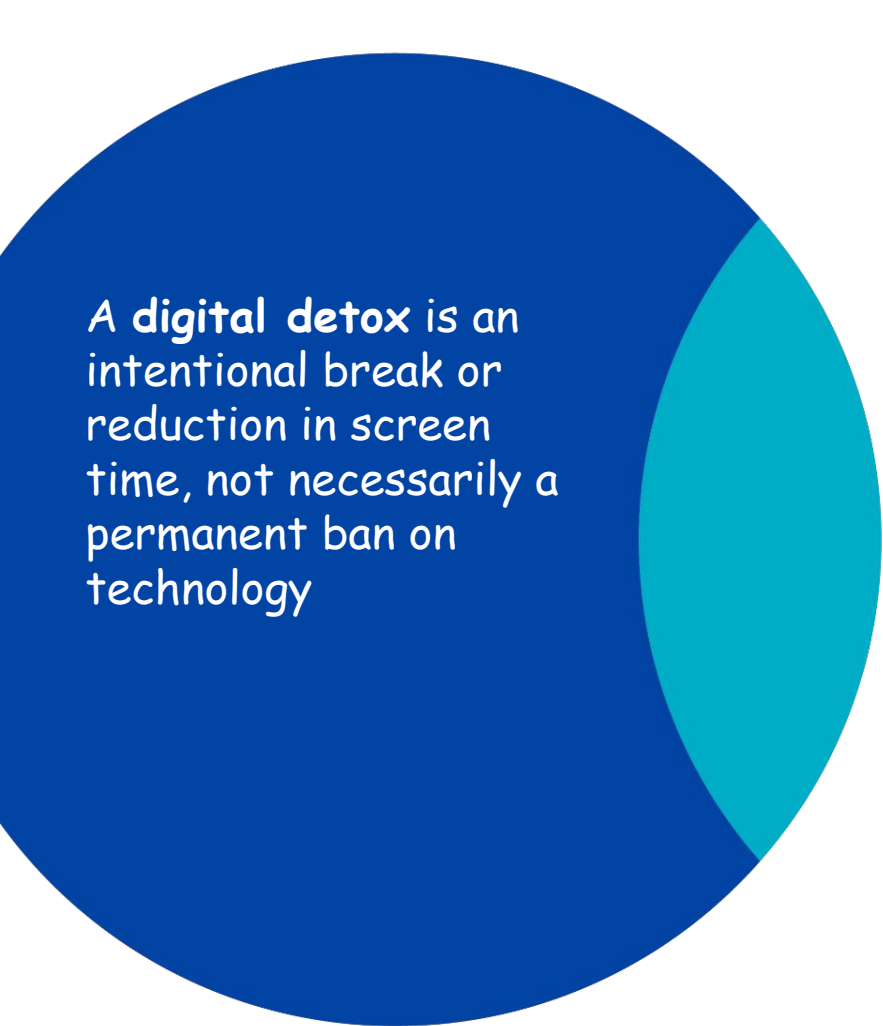


Cardiac Emergency Response Plan



- **All Staff Education**
 - Each District Employee received a module in annual Assurance of Compliance that covers the CERP basics, a video of Hands-Only CPR, and how our AEDs work.
- **Team Members Education**
 - Members receive a District Hands Only CPR and AED class or a CPR certification class
- **Drills:**
 - Tabletop drill at start of school year with all team members in each building
 - At least one other drill each year organized by the Health Services Coordinator
 - Drills will involve local EMS if available
- **EMS provider communication & collaboration**

Digital Detox Challenge



A **digital detox** is an intentional break or reduction in screen time, not necessarily a permanent ban on technology

Benefits:

- Enhance mental health
- Better physical health
 - Moving our bodies more
- Improve sleep quality
 - Less blue light exposure
- Better focus/productivity
 - Fewer interruptions
 - More 'free time'

Benefits Continued:



- **Promote mindfulness**
 - Being in the moment
- **Reduce stress**
 - Less exposure to the constant stream of information
- **More time for other hobbies**
 - More joy!
- **Strengthen relationships**

Your Challenge

- Try a digital detox for 30 days (or longer)
 - Just you or others in household as well
- There is no right or wrong way to do a digital detox
- Report back at December Meeting



THE 5 Ts OF DIGITAL DETOXING

- 1. TAKE PHONE BREAKS**
Try only checking your phone once an hour or using the phone's focus feature.
- 2. TELL EVERYONE TO TRY IT**
During in-person interactions, have everyone agree to stay off their phones.
- 3. TRACK APP USAGE**
Review weekly usage updates and identify how you spend most of your screen time.
- 4. TURN OFF NOTIFICATIONS**
This could help you resist grabbing your phone every time you get a new text or email.
- 5. TUCK YOUR PHONE AWAY**
Use a traditional alarm clock or the "do not disturb" setting to block phone calls and texts overnight.



 Advocate Health Care

The background is white and filled with numerous circles of varying sizes and colors. The colors are a deep forest green, a lighter sage green, and a tan or beige. Some circles are solid, while others are overlapping, creating a layered, bokeh-like effect. The circles are scattered across the entire frame, with a higher density around the central text.

Park High School Kitchen & Cafeteria Tour