

Wellness Policy Committee Meeting Minutes

Wednesday, January 25, 2023

2:30 pm

NRHEG Media Center, New Richland or remote

Members: Carrie Petsinger, Beth Schoenrock, Onika Peterson, Sara Meihak, Brooke Krohn, Dave Bunn, Craig Kopetzki, Dan Sorum, Karen Flatness, Samantha Joecks, Mary Urch, Payton Bunn, Kiyah Mikesell, Kiera Lenort, Wendy Schultz, Ashley Killday, Elizabeth Viktora, Melissa Karl, Aaron Phillips, and Mike Meihak.

Members Present: Carrie Petsinger, Sara Meihak, Craig Kopetzki, Ashley Killday, 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 11/30/2022. These were approved as presented. They will be posted to the website.
2. Current wellness concerns
 - a. Update policy - The policy was approved by the Wellness Policy Committee Meeting on January 11th. The draft policy was presented to the school board for the 1st reading on January 17th. It will have the second reading and final approval at the school board meeting on February 21st.
 - b. Drinking fountain (Ellendale) - Mr. Meihak - It was discovered that the drinking fountain in Ellendale had electrical issues that needed to be fixed. Depending on the result of that, they will most likely replace it with a water bottle filling station that was purchased recently at an auction. Ashley Killday from Waseca County Public Health also reminded us that the SHIP grant does cover water bottle filling stations.
 - c. MN student survey results
 - i. In order to find additional focus areas, we will meet with students and get their perspective and assess staff to see where they feel their mental health needs exist.
 - ii. Focus areas
 1. Goals -
 - a. Staff feeling comfortable with mental health issues.
 - b. Parents feeling comfortable with student technology and speaking with their students.
 2. Actions to meet goals
 - a. On Jan 11th at staff late start, Greg Scheitel, Mental Health Consultant will be coming to talk to staff. Carrie will reach out to Greg to see if there is any follow up survey from the professional development session. If not, she will work with Greg or Liz and Brooke to develop some sort of

questions/concerns. This could also be brought up and explained at a staff meeting or staff could be reminded to participate in the upcoming survey at the staff meeting. Carrie will also reach out to Liz & Brooke to see if that is something they want to tie into the work they are currently doing. Ashley mentioned that Waseca county has money that has been designated to improve mental health of those in Waseca County. She suggested some topics/questions could be related to suicide thoughts and attempts for both staff and students, assessing where student stress comes from: home issues, friend issues, school (educational) stress, social media, substance use, and an area for additional concerns. The survey results may also spark some additional goals for the group.

- b. Steele County Public Health is willing to attend some sporting events and an evening conference to start conversations with parents using the “big cell phone”. Previous discussions with Mary from Steele County had been to have this presentation at a few winter sporting events, as well as parent teacher conferences. Due to health issues, Mary will be unable to present this to parents/students this sporting season, so this will likely be pushed into next school year which will give us additional time to assess staff/student needs.
3. Roundtable/concerns/questions. There was a previous discussion regarding snacks in the elementary being taken and returned at a much later date - causing issues with product freshness and expiration dates. The older grades would send a student or 2 to grab snacks and students would eat whichever snack they wanted, but the uneaten snacks might be in the classroom for several more days (and offered each day) before they are returned. An email was sent to staff reminding them to bring unused snacks back to the kitchen. Sara reported that they are seeing how this week goes and will go from there.
4. Next meeting date (must meet 4 times annually)
 - a. April 2023 (April 12 or 19)
5. Meeting Adjourned