

## Wellness Policy Committee Meeting Minutes

Tuesday, Oct 3, 2023

2:30 pm

NRHEG Media Center, 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, 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, Craig Kopetzki, Ashley Killday, Samantha Joecks, Gabrielle Alvarado (Health Educator and grant coordinator for Steele County Public Health), Kristen Friedrichs

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

1. Review meeting minutes from 4/12/2023. These were reviewed and approved by members present. These will be posted online.
2. Current wellness concerns
  - i. Drinking fountain (Ellendale) This was replaced over the summer with a water bottle filling station/drinking fountain combination. It is functioning fully.
  - ii. MN student survey results
    1. Focus areas
      - a. Staff survey
      - b. Goals/Actions to meet goals
        - i. Staff & mental health issues
        - ii. Parents & student technology - Ashley shared the results from the meetings public health had with NRHEG parents and students. Students expressed they wished that there were no phones in class. Students miss having actual conversations with their peers, not messaging when they are in the same room. Students acknowledge that technology is a problem and need authority to make them put down their phones. Parents expressed that controlling phone use is an ongoing problem and they are seeing that students(their children) do not know patience since everything is instant. Based on this information, the new policy on cell phones in the classrooms of NRHEG students was shared. The wellness committee wondered if and how the cell phone policy has impacted students. Carrie will

work with students on the committee to develop a survey to send out to students.

- iii. Tobacco Policy Review - The policy is compliant with requirements but there were a couple questions that arose - 1) is vaping education being provided for grades 6-8 as we have in the policy? Is there any other education provided to students? 2) How is the policy being shared with students and staff? This is done through the staff and student handbooks. Public health offered mini-sessions on the tobacco policy to staff, students, and public in the fall. UPDATE: Vaping curriculum is taught to 8th and 10th graders in health class. The lesson is a chapter (11) in the health curriculum that teaches about the health effects of vaping. The chapter focuses on vaping, tobacco, nicotine, smokeless tobacco, secondhand smoke, and thirdhand smoke. The next section of the chapter focuses on preventing tobacco use and treating tobacco use, Per Robin reach class: We talk about the dangers of chemical use in my high school REACH classes. I don't have a curriculum that I use and I use something different each semester. We spend approximately a week (5 hours) on Substance Use which includes talking about smoking and vaping.
  1. Gabrielle Alvarado from Steele County public health offered education - on phone use, vaping, tobacco, substance use, and naloxone. Some education is being offered by Mayo clinic physicians. Carrie will get in touch with health teachers, Reach teacher, and staff development committee to let them know about possible education. Mr. Kopetzki will reach out to the 5th grade teachers to see if they are interested in any of this education.
3. Roundtable/concern/questions - The times of the wellness committee meetings was brought to attention due to the lack of attendance. Carrie will send out a survey to determine what time would work the best for members. We are restricted to times where students can be present if riding the bus.
4. Next meeting date (must meet 4 times annually), time TBD by survey results
  - a. Dec 12, 2023
  - b. Feb 20, 2024
  - c. May 14, 2024
5. Meeting Adjourned