**Wellness Policy Committee Meeting Minutes**

Wednesday October 12

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, and Sara Meihak

Members Attending: Sara Meihak, Mary Urch, Carrie Petsinger, Michael Meihak, Craig Kopetzki, David Bunn, Onika Peterson, Beth Schoenrock, Samantha Joecks, and Elizabeth Viktora

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

1. Review minutes/meetings from 5/8/2022. These were reviewed and approved by members present. These will be posted online.
2. Current wellness concerns
   1. SHIP grant
      1. Design challenge winner had an article in the star eagle in spring 2022. The snack cart has been purchased, snacks have been purchased, and being utilized. Signs with the design challenge drawings are currently being made and will be placed on the cart. The ‘veggie of the month” program is being developed and will be worked on to start in November.
   2. Update policy
      1. Members - remove students who have graduated and staff that have left. Add new staff members who are on the committee or have replaced previous staff.
      2. Language - Due to the new food service director, the wellness policy will need to be altered. Mrs. Meihak will work on wording changes to bring to the meeting in December. This draft will be shared with members of the committee and then we will vote on it. If the committee approves the changes, it will be presented to the school board.
   3. Drinking fountain (Ellendale)
      1. There is a drinking fountain in Ellendale between the north gym and the kitchen that is not working. Carrie offered to check into that and see why it has not been dealt with yet.
   4. MN student survey results
      1. Mary Urch presented on the MN student survey results from NRHEG. Member area of concerns included: < 50% of students feel valued, large increase in mental health issues for students and not enough resources -, staff do not feel adequately trained, student eating habits: especially for students who are involved in sports - there are few healthy options for athletes and families who are consistently on the go with sporting events.
3. Roundtable/concerns/questions - Mary Urch from Steele County public health indicated that she is working with Macy Whiteside and Beth Schoenrock to get snowshoes and cross country ski’s for the elementary students through a SHIP grant.
4. Next meeting date (must meet 4 times annually)
   1. Dec 2022
   2. Feb 2023
   3. April 2023
5. Meeting Adjourned