

Wellness Policy Committee Meeting

Meeting Minutes

August 24, 2023

Members Present:

Kelly Gutierrez, Terri Smith, Jessica Skilling, Marianne Thole, Christine Mehlhorn, Elizabeth Werner, Robin Moore, Laura Pidgeon, Anna Tiffany, Rita Thorson, Alec Brandt, Susan Schultz

Members Not Present: Medora Benson, Allison Rydberg

1. Cris Taddeini-Miller resigned her position on the committee
2. Currently looking for student members- Laura/ Rita have possibilities in mind
3. Susan Schultz joined the committee as a parent/community member
4. Recap minutes from April 7th meeting
5. **Review Action Plan** - Progress made over the summer
 - Mental Health- Jessica stated that SCPA has received funding for social/emotional assistance to students
 - There may be funding available for 24/25 SY for a calming space/area
 - School counselors are working with PE teachers to incorporate mental health into their curriculum
 - Encourage outlets for students on how to express their emotions (journaling, art, music, PE) how to be creative and present
 - Jessica/Susan/counselors work together to build on the above suggestions
 - Drug awareness program? Is there anything available or what is currently being done to reach out to students. Suggestion to have “buddies” work with lower school students - Rita will look into this
6. Nutrition/Farm to school communications
 - More communication in Parent weekly/ Blasts from Susan with pictures and what we are focusing on
 - Ag in Classroom - magazine for K,1,2 have been ordered

- Field trip opportunities- virtual and in person. Student leaders attend the farm tour with wellness committee next summer?
 - Field trip taken by Marianne, Laura, Rita, Elizabeth and Polly over summer with MN Ag in the Classroom. Toured Ferndale Market Turkey Farm, Lorentz Meat Processing, Waxwing Farms and a Northfield Elementary School. Very well received, great feedback and will plan on going again next summer.
7. Discovery Trail:
- MS/US working the trail into their curriculum (Together Tuesdays)
 - Staff are being reminded to use the trail for breaks, etc...
 - Signage up for trail to be closed during school hours (Bill) Staff have raised concerns about unknown people on the property
 - Walk and Talk/ Walking Classroom curriculum
 - Possibility of a walking group for students before school?
 - Identification Boards – Idea of putting up different boards to identify: birds, plants, trees, rocks, flowers along the trail – google this for ideas and costs
 - Recognition in Parent weekly on service projects done by student/groups
 - Marianne reach out to Girl Scout/Boy Scout troop leaders and find out if anyone needs a service project- trail/garden projects?
8. Power Up – Look into dates of availability, how much funding is available, curriculum
- “Buddy” project for students – taste veggies, plant veggies, watch them grow and harvest them
9. Garden projects
- There is a garden area outside of the K classrooms as well as the early stages of the garden by the AUX gym
 - Look into SHIP funding for hydroponics, pollinator kits,
 - Laura and Nina W have been busy working the garden areas all summer
 - Rita will look into “Buddy” option? Planting, weeding, watering
 - Utilize the spaces into the curriculum
10. Upcoming meeting dates set: September 29th, November 22nd and February 16th. 9:00 am in the collaboration room- small groups can meet as needed (mental health, gardens, etc...)

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