

Wellness Policy Committee Meeting

Meeting Minutes

September 28, 2023

Members Present:

Kelly Gutierrez, Terri Smith, Jessica Skilling, Marianne Thole, Joann Karetov, Elizabeth Werner, Laura Pidgeon, Anna Tiffany, Rita Thorson, Alec Brandt, Susan Schultz, Lauren Moore

Members Not Present: Medora Benson, Allison Rydberg, Christine Mehlhorn

1. High level overview of last meeting minutes
2. Currently looking for student members- Laura/ Rita have possibilities in mind
3. **Review Action Plan** - Any progress made?
 - 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/Kelly work together to build on the above suggestions
 - Shannon is presenting today for PD lower school on mental health, will follow up with Shannon/Nicole on where this stands for MS/US
 - NICE healthcare offers some mental health sessions- Andrew/Terri looking into this for all school staff and students
4. Nutrition/Farm to school communications
 - Work with Susan Peterson on starting Instagram posts and sharing recipes of the local foods we are using
 - Sent out info to lower school teachers on a virtual field trip to the Apple Orchard, request made to send it to all staff

- Reach out to New Richmond Schools to see if they would do a field trip opportunity to look at their gardens/livestock operation and how they utilize this in their daily school menus.
5. Discovery Trail:
- Staff are being reminded to use the trail for breaks, etc...
 - Follow up with Bill on signage
- Walk and Talk/ Walking Classroom curriculum- Anna and Alec say they are utilizing this
- Identification Boards – Idea of putting up different boards to identify: birds, plants, trees, rocks, flowers along the trail – google this for ideas and costs
 - i. Ask for suggestions for service group projects from staff
 - ii. Phenology board would be a good project for an Eagle Scout
 - iii. Buckthorn Remediation?
 - iv. Signage for trail loops (blue, gold, white with different distances)
 - 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?
 - i. Marianne will send a list of ideas once they are compiled to the different groups, waiting for feedback and ideas of wants/needs
6. Power Up – Look into dates of availability, how much funding is available, curriculum
- Marianne has reached out to them, but is waiting on a response. Is there a way we could make a Prep Power Up? (Simple and fun tasks for kids to follow while they try food in the cafeteria and exercise)
7. Garden projects
- Laura sent great pics of the garden area outside of the K classrooms
 - o Update on the garden area by the AUX
 - Look into SHIP funding for hydroponics, pollinator kits,
 - Utilize the spaces into the curriculum- Are any classrooms doing this currently?
8. Suggestions for what the eagle scout project needs to consist of (from beginning to end project)
9. Laura offered up her ability and talent to make some boards/signage for the garden areas

10. Marianne reach out to 4th grade team on what they did with their science class - Phenology - make identification boards? Work with Laura?
11. Kelly/Susan/Jessica meet up and go over mental health goals and progress made so far.
12. Upcoming meeting dates set: November 22nd and February 16th.
9:00 am in the collaboration room- small groups can meet as needed (mental health, gardens, etc...)
13. EVERYONE look for grant funding: hydroponic garden, snow shoes, mental health, reading hammocks, garden area improvement
14. Bill - gutters for rain barrel collection and signage update
15. Christine had made an earlier suggestion to check out the reading hammocks at either New Richmond or Somerset schools. I will look for the link and send it out.