

## Wellness Policy Committee Meeting

### Meeting Minutes

November 20, 2023

**This meeting was changed to a “check in” meeting since the RSVP response was so low.**

**Below is the email feedback that was sent to Marianne on updates on projects**

Due to lack of attendance response to the wellness meeting, it has been cancelled. In place of the meeting, please respond to ALL with any updates/progress that has been made since the last meeting. Thanks!

-Mental health updates- Kelly, Allyson, Jessica, Susan?

-Follow up with Bill on trail signage- (MT) Posts have been put in for the signs. Bill is currently working with Kelly G to finalize wording

Identification boards - Laura, Kelly Nelson?

-Google Doc made for suggestions on service projects- please add your suggestions!

-Power Up - (MT) received information from Power Up/Lakeview Hospital. Buddy project?? Rita?

-Garden projects - Laura??

-Gutters for rain barrels collection will be done in the spring per Bill

-Reading hammocks for LS- Christine? Costs? See link below with information from Christine

<https://kstp.com/kstp-news/top-news/somerset-elementary-debuts-hammock-reading-garden-to-encourage-kids-to-read/>

### **Hammocks for Trail.pptx**

-Still looking for student representatives - Rita/Anna??

-From the cafeteria - Great post from The Good Acre featuring Prep and our program.

<https://www.instagram.com/reel/Cygn4IaJ0oD/>

<https://thegoodacre.org/here-for-good-st-croix-preparatory-academys-farm-to-school-story/>

Sampled sweet potatoes, Italian turkey sausage links. Fresh chicken breasts used for taco day and chicken alfredo

All foodservice staff have been CPR/Choking certified - Thanks Anna and Rita!

Plan to send out a recipe for our oven roasted potatoes in the December 1 Parent Weekly.

- Everyone look for grant funding opportunities for your individual causes (snow shoes, XC skis, garden projects, mental health, safe spaces, drug awareness, etc...)



Thanks everyone and enjoy the holiday.

Next meeting is scheduled for February 16th, 9 am in the Collaboration room.