

Wellness Policy Committee Meeting

Meeting Minutes

September 30, 2024

Present: Marianne Thole, Terri Smith, Rita Thorson, Lauren Moore, Anna Tiffany, Elizabeth Werner, Jessica Skilling, Kelly Gutierrez, Laura Pidgeon, Susan Schultz, Alec Brandt, Robin Moore, Nicole Dockham

Absent: Joann Karetov, Medora Benson, Christine Melhorn

Reminder:

Dates for meetings have been scheduled: November 1st and February 17th. All meetings will be at 8:30 AM in the Collaboration Room. Look for a calendar invite soon.

Grant updates:

Terri, Rita and Marianne have secured grant funding through SHIP (\$4000) to be used towards the purchase of snowshoes for MS and US phy-ed classes.

2nd grant opportunity that **has been awarded**, \$5000, through Living Healthy Washington County, for a second set of snowshoes that could be used for staff. The hope is for staff to use these for a scheduled session during PD days and increase the usage of the trail during the winter months, the overall mental and physical wellbeing for staff. This set of snowshoes would also be used by the US phy-ed classes

Next steps for the snowshoes is to finalize what is wanted by the PE team and get the items ordered by 10/15/24. Funds need to be spent by 10/31/24. The balance remaining will be paid through funds from the vending machine profits.

Questions to be addressed: communication regarding snowshoes, when the students need to bring boots, what to do if students don't have boots – alternate lesson? Can Leadership students or study hall students help during first day of snowshoe lesson – getting the snowshoes on?

Garden:



Elizabeth and Laura gave a presentation on the garden vision for the school. Main focus is fencing, finding grant funding, collaborating with local sources (master gardeners, U of M extension office, local gardens that are up and running) and the location of the garden area – behind the AUX or potentially in a different location by door 19? More conversations to be had with Facilities and Admin to find the best location.

Mental Health:

Jessica reported that there is a Change to Chill grant available for \$500 to help make “chill” kits which consist of fidgets, coloring books, etc... These will be located in the division offices and nurse’s offices. There is a possibility of additional funding for next year if the garden area could be worked into the language of the grant as a place to relax. TBD.

Susan asked us to participate in a brain/focus activity for about 30 seconds that was very well received by the group. This exercise could be used many times throughout the day to get students to focus.

Next meeting is November 1st. Thanks everyone!

Items to discuss for next meeting:

Grant updates

Mission statement or what is the purpose of the school garden?