

Wellness Committee Meeting

May 11, 2022

Current Committee Members: Michelle Berentsen, RN, PK-12 School Nurse; Heather Suckow, PK-12 Principal; Angie Cimmiyoti, Food Service Director; Bryce Conway, PE teacher/AD; Amanda Conway, FACS teacher; Shary Ebert, parent, Title 1/Reading Recovery Elementary; Allison Zweibohemer, parent, EMT/RN; Barb Gesell, community member, substitute teacher, coach; [Lyle Eastman](#), board member; Darcy Fair, Science/Health MS/HS; Trenton Swenson, Madi Mauer, Riley McKenna, Morgan Fair, juniors, student representatives

Present: M. Berentsen, RN, PK-12 School Nurse; Angie Cimmiyotti, Food Service Director; Bryce Conway, PE/AD; Heather Suckow, PK-12 Principal; Amanda Conway, FACS teacher; Allison Zweibohemer, parent, EMT/RN; Darcy Fair, Science/Health MS/HS teacher; Trenton Swenson, junior student representative; Madi Mauer, junior student representative; Morgan Fair, junior student representative; [Riley McKenna](#), junior student representative

Meeting called to order by Mrs. Berentsen, RN @ 1:59 pm.

Agenda:

- 1) 2021-2022 Year in review- **Covid played a part on what we could/couldn't do**
 - 2) Staff wellness- **questionnaire to staff on suggestions for future wellness ideas**
 - 3) Policy updates- last done 2021 (every 3 years minimum) -**5210 framework added**
 - 4) Building goals- yearly Local Wellness Policy Report- **looked over this year's report- ok by all**
 - 5) Dietary updates- fall 2022, **new guidelines regarding sodium content with meals, flavored milk for students 6 yo and older when served in lunchroom, free meals for students stops after this school year**
 - 6) Student input- **several new ideas from student representatives- "mock" car crash, speakers- driving safety, mental health, etc. ; healthy meal prep, outdoor activities, etc.**
 - 7) Other items- **newest project, StoryWalk by Wildcat Trail; hoping built by next school year**
 - 8) Goals/Suggestions for next year-
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1. **2021-2022 Wellness Initiatives** (students/staff/parents/community)
Aug. 2021- vaccine clinic; mobile Momma school open house; new water bottles for students; grant for play/educational toys/games/activities for preschool

Sept 2021- 5th grade talks; Lions club/Kidsight vision screening; 2nd vaccine clinic; Covid protocols; hallway sensory items; calming corner; behavioral interventionist de escalation strategies/equipment; Try it Tuesdays

Oct. 2021- Flu Clinic; Angie & I attended virtual 5210 conference; Iowa's Healthiest State Month- all students participated in Iowa's Healthiest Walk, each week highlighted/information in halls/sent home to parents/activities for students and activities to do with parents; Wellness Week activities, healthy snacks, 5210 framework in classes and Bryce uses in PE classes; traveling dental RDPH for KDG/9th graders; dental ed/sealant clinic with 2nd/3rd grades; hearing screenings; grant funded 1st grade trip to apple orchard; participated in IA Local Food Day; 1,3,5 grades vision screenings

Nov. 2021-

Dec. 2021- Joe Beckman- mental health speaker for staff and students

Jan. 2022- Catch Life 360 for staff; staff healthy cooking class with Bradley Ringhofer; healthy relationships talk with 5th/7th/9th/11th

Feb. 2022- Dental Health month- dental talks, free toothbrushes/toothpaste to PK-1; 5210 Grant \$1000 towards StoryWalk

March 2022- 8th grade Eagle Bluff Trip-relationship/team building, physical activity, environmental teachings; 9th grade impaired driving seminar; 9-12 students to Clarksville for motivational/mental health speaker

April 2022- CPR with seniors; 7th/8th grade healthy relationships speaker; 9th grade Prime for Life addiction speaker; 3rd grade swim safety; Earth Week-Walking School Bus day/presentations; Fit 500/HyVee KidsFit Fitness Showdown; healthy snacks for ISAP testing

May 2022- CPR with staff

During the school year: mental health speakers/mental health and wellness talks/curriculum; Healthy Kids Act; Wildcat Menu; website health and wellness information; Food of the Month; Farm to School; 5210 framework/5210 Gold level recognition; RAC usage/free memberships for staff; staff wellness board; Wake up Wednesdays

2. **Staff wellness-** Catch Life 360 participation; healthy lunch with Bradley; sending out a survey to staff for suggestions
3. **Policy update-** done in 2021- added 5210 framework- next update 2023-24
4. **Building goals-** see Local Wellness Policy Progress Report- goals being met??
5. **Dietary updates ??** Angie
6. **Student input- new members-** Trenton, Madi, Riley, Morgan- Thank you!!
7. **Other items???**

8. **Potential Future Initiatives (ideas from group)**

Meeting adjourned @ 2:30pm.