

Wellness Policy Committee Meeting

Meeting Minutes

April 29 2024

Present: Marianne Thole, Terri Smith, Rita Thorson, Lauren Moore, Anna Tiffany, Robin Moore, Christine Mehlhorn, Kelly Gutierrez

Absent: Joann Karetov, Medora Benson, Laura Pidgeon, Susan Schultz, Jessica Skilling, SallyAnn Schneider, Alec Brandt, Elizabeth Werner

Updates:

Power Up: This happened in March. Rita and the Leadership class prepped bags of 5 different veggies (red peppers, tri colored carrots, watermelon radish, jicama, snap peas) for each lower school classroom. The classes were given a video to watch and a taste testing sheet to fill out. The reimbursement form has been sent in and we have not received payment as of today. Kelly asked if there was a stipend for this undertaking- Rita did not know, but will ask for next year.

Reading Hammocks: Christine and Marianne will present to LS staff to see if there is any interest in this and if this should be pursued

Food news: Continue to put out weekly communication in the Prep Weekly regarding cafeteria news – new foods, menu item updates, what is working and not working. Will continue with local produce and more scratch made meals for next school year.

Mental health lessons are being used in MS and US curriculum. Social and emotional learning, Anna Tiffany and Robin Moore. Invite Shannon and Nicole to meetings for 24/25 school year to get their feedback on what they are currently working on.

Social/Mental health: Build on vaping education and health impacts, social media, bullying, reproductive health for 5th – 8th graders, decision making, school counselors. Get more input from Nicole and Shannon.

GaGa ball pit update: Harold Kunze has received approval for this Eagle Scout project. He is currently working on funding. Placement in open area of the courtyard, should be finished by September of 2024. Alec Brandt will use



this for grades 2-4 in lower school PE class curriculum. MS/US use TBD dependent on supervision.

Sand Volleyball Courts: Rita - Possible MS/US outdoor free time use. Would fill the gap over the summer with the inside gym floor being redone. Bill is working on getting bids on this project. Needs are: sand, standards, outdoor nets, excavation, drain tile, grading, etc...Is it possible to put two courts out there? Robin brought up it would be used for PE class if there were two courts.

Garden areas: Laura checked in with the following updates: the new beds behind the AUX have been layered, topped with soil and will be planted in the near future. Rita's Leadership class helped with this. Seeds are being started! US students want to start a Garden Club (Caroline White -student is interested) and will have a watering schedule/summer plan in place soon. Looking for volunteers to help with this. Elizabeth W will be helping one day per week over the summer. Laura is working with some lower school teachers to make outdoor binders available for classroom or community use. Trail activities, scavenger hunts, etc. laminated for outdoor use. Have a binder for each division for use or to make copies out of? Phenology of the Trail signage has begun. Laura is in the beginning stages of this, but it is taking longer than anticipated and will need funds/budget to finish this project. Art classes auctioned off a few garden ceramic totems and they were very popular, they plan to utilize student creations as trail/distance markers.

Grants? Any grant ideas can be sent to Rita and her leadership class will look into them and start the background research. Grant ideas: outdoor classroom, vaping- education, school counselors, gardens, food and nutrition, snow shoes, bike rodeo, outdoor physical education grants (9 square in the air, sand volleyball courts) mental health, bullying, social/emotional well being

Miscellaneous:

Employee wellness: Promote use of trail for a mental health break during the work day, remind staff about NICE healthcare app and mental health help available at no cost. Promote the NICE app to more staff members who carry health coverage. Get some staff testimonials to promote the ease of use and convenience factors.



QR code for garden watering schedule? Who is in the building during the summer who could help with watering if needed? Lauren offered to help in June and July.

Possibility of putting locker rooms under bleachers instead of using the AUX gym?? Check with Bill on this

Kelly G will bring to the admin team the Garden Club information to see if Keven knows about this and also the volleyball court information/wants

Next meeting will be in August. Watch your email for more information.
Thanks everyone!