

Wellness Policy Committee Meeting

Meeting Minutes

November 1, 2024 Virtual Meeting

Present: Marianne Thole, Terri Smith, Lauren Moore, Anna Tiffany, Elizabeth Werner, Alec Brandt, Robin Moore, Nicole Dockham, Joann Karetov, Christine Mehlhorn, Lauren Moore, Claire North, Willa Lovett

Absent: Kelly Gutierrez, Jessica Skilling, Laura Pidgeon, Rita Thorson, Susan Schultz, Medora Benson

Reminder:

Next meeting will be February 17th. 8:30 am. Look for a calendar invite soon.

New items:

Welcome to Claire North and Willa Lovett! Thank you for attending this meeting as student representatives! They both gave valuable input from their perspective on trash/recycling during lunch, trail signage and the prairie project club.

The EcoConsilium team (through Washington County) was at Prep on October 24th for a site visit. They work with schools and businesses on waste reduction and innovation grants. They observed students in the cafeteria during breakfast. They were looking at how and if they sorted their food, garbage and recycling. They were very happy with what they observed. The students were taking their time and knew if they put something in the wrong spot and told an adult. Our recycling and garbage dumpsters were looked at. There were a few items in the recycling that should not have been there. The take away is to educate staff and students on what can be recycled and how to do it.

- Which dumpster is for what item?
- We need better signage.
- What plastics can be recycled
- Does staff know that we have recycling bins for batteries?
- How much (or do they?) does the night custodial crew go through the recycle bins before they dump them? Or if they see it is mixed with trash, does it all go into trash?
- Break down all cardboard boxes
- No plastic bags in the recycle dumpster



We agreed that there needs to be additional recycling containers out in the stadium and by the gym and concessions stand. This may be covered by grant funding. They will follow up with us.

Grant updates:

New round of SHIP grant funding opens today for \$5000. Items of interest are: trail head signage, bird/plant identification signage, water bottle filler in gym and AUX gym, items for wellness room (occupied lock for door, towels, sound machine, soft lighting, disposable towels?) standing desk mats, under desk bike peddle exerciser, additional standing desks, staff mental health ideas? Suggestions are encouraged ASAP.

Snowshoes are here! Thanks to Lauren and Dave for getting them ready for use! A communication will be going out in the Parent Weekly within the next two weeks regarding the grant received and what the planned uses are for the items. MS and US PE will communicate with their classes and families on this new PE unit. Grant reporting is being done by Marianne.

Full Tray Grant was submitted by Marianne for another round of Farm to School funding. Grant recipients will be notified in January.

AGRI Garden Grant opens January 1. See below

Orchard Tree Grant <https://www.ftpf.org/apply>

This is an ongoing grant that we will look into when the garden team works on the AGRI grant. The Fruit Tree Planting Foundation (FTPF) is an award-winning international nonprofit charity dedicated to planting fruitful trees and plants to alleviate world hunger, combat global warming, strengthen communities, and improve the surrounding air, soil, and water.

Garden:

Elizabeth gave a recap on the garden project. The garden team met (Bill, Kelly, Elizabeth, Rita, Marianne, Terri). The purpose of the garden (production or learning) and the location of the garden (behind the AUX or out of door 19) have been agreed upon.

The main purpose for the garden is for learning, but a long term goal of the garden could be production to **help supplement** the cafeteria salad bar or have harvested items available for anyone who is need of fresh produce. The focus should be outdoor experiences, and supplementing teacher curriculum. Joann brought up that there are LS students in the building in June and SPED students in July that could be of assistance with any garden needs.



The location is planned to be behind the AUX gym (current location) due to water availability, rain barrels under the downspouts, close to the trail and the ease of access. There is room for expansion of the garden area, outdoor classroom, shed, fencing, etc... Bill also would take into account any potential AUX gym expansion by not utilizing a part of the back area.

There is an AGRI grant opening in January 2025 for up to \$100,000 that would help with the infrastructure for this project. (Grading, irrigation, fencing) The garden team will meet (next meeting November 19th) to work on the grant writing. Bill will help with bids on fencing, grading and irrigation.

Mental Health:

Prep received the Change to Chill grant of \$500. This money will 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.

Items to discuss for next meeting:

Grant updates

Set meeting date for end of year wrap up

Think about goals or action items for 25/26 school year

Action plan updated