

WELLNESS HEALTH COUNCIL

MEETING MINUTES

April 16, 2024, at 3:00pm

Members present: MK Templin, Chris Krott, Lindsay Burns, Erin Jackson, Fawn Miller, Nick Labella

No updates needed for the Wellness Policy.

No updates from Food Services at this time.

OLD BUSINESS:

The staff wellness has been implemented in both buildings with sign up sheets made available. It was suggested that the staff and wellness activities be streamlined between the buildings next year.

The hygiene products have been well received and we discussed ideas on how to replenish the supply. A couple suggestions were a specific jean day that the money would go towards that or a hygiene drive where soaps, deodorant, lotions, toothbrushes, paste, etc be brought in.

The CPR & AED trainings were offered. Mrs. Templin stated that a few adults completed them and the students did them during gym time and it was well received with the students.

Mrs. Jackson will be attending Mental Health Training in May to be trained to train adults. The youth training will take place next year.

It was put on the table that we need to have a Wellness Chairperson to replace Mrs. Templin. The suggestion was made that a good fit would be a Phys Ed teacher due to a lot of the content being activity and health related.

NEW BUSINESS:

Health topics are going well in 10-12th grade but there needs to be more exposure in 7-9th grade. It was discussed that next year they will look into adjusting the schedule to allow more students to be included in the health topics. Adding Drug & Alcohol education was also recommended.

At the Elementary level, discussion was had about utilizing the STEELS standards to begin introducing health awareness and information at a younger grade level.

Open discussion:

Next wellness meeting scheduled for Tuesday, September 24th at 3:00 in Room 111 at the high school.

Respectfully submitted,

Mary Kay Templin

Christine Krott