

School Wellness Committee – Minutes

Location: Crookston High School Conference Room

Date: Wednesday, October 2nd, 2024

Time: 1:00 pm - 2:00 pm

Members in attendance: Megan Hruby, Julia Buhler, Avery Mathews, Emily Scheresky, Miryah Epema, Sarah Shimek

Agenda Items

1. Welcome/Introductions
2. Old Business
 - a. Topics Listed in Google Forms for what to focus on for 24-25 SY
 - i. Antbullying
 1. The wellness committee will go forward with antibullying messaging during the month of October.
 - ii. Social Media Use
 1. PCPH is meeting with students to discuss this topic currently.
 - iii. Respect
 - iv. Farm to School
 1. Tomatoes
 2. Squash
 3. Cucumbers
 - a. SWC discussed what the food service department is doing with farm to school currently, which consists of the year's squash, tomatoes in October, and a one time donation of cucumbers from a school staff member. Will look into more opportunities for farm to school in future. A major challenge of this initiative is the lack of overlap between harvest and the school year.
 - v. Vaping Prevention
 1. Smokeless tobacco pouches (Zyn)
 - a. This topic is very important to SWC and PCPH. PCPH is currently focusing on this topic in schools, and we will be supporting them during this school year.
 - vi. Sleep
 1. PCPH is meeting with students to discuss this topic currently.
 - vii. Energy Drinks
 1. PCPH is meeting with students to discuss this topic currently.
 - viii. AI
 1. This topic is currently discussed with students via teaching staff during the first days of sch
 - ix. Maybe pick two or three?
 - b. Antibullying Month
 - i. Wear Orange 10/23/24 for antibullying month
 1. Flyers to post
 2. Add to announcements
 3. Anything else?

- a. Decided to promote antibullying month via posters instead of a dress up day.
3. Other/Member Updates
4. Follow-up/Action Steps by next meeting
 - a. Goals:
 - i. Julia will create a poster to put on the screens in the commons promoting antibullying month.
 - ii. Sarah will pull together information on Zyn and smokeless tobacco/nicotine products to share with Emily.
 - iii. Emily will send out information in an email to CHS teaching staff to spread awareness about smokeless tobacco/nicotine products.
 - iv. Will focus on other topics listed above at next meeting.
 - b. Next Meeting
 - i. TBD. Winter 2024, Goal will be first week of December