

School Wellness Committee – Minutes

Location: Crookston High School Conference Room

Date: Monday, January 29th, 2024

Time: 11:00 am – 11:45 am

Present: Eliza Meyer, Linda Morgan, Amanda Lien, Emily Scheresky, Sutton Junkermeier, Avery Mathews

Absent: Julia Buhler, Stacey Grunewald, Tricia Hellerud, Mirayah Epema

Agenda Items

1. Welcome/Introductions
2. Old Business
 - a. Prom Postcards: Need a number of families to send this out to.
 - i. Mailing labels were just received.
 - ii. PCPH will print them off to be dispersed.
 - b. 3rd and 4th graders writing letters to seniors, are we still going to ask teachers for permission? Who wants to do this and when?
 - i. 3rd Graders only this year.
 - ii. Stacey or Linda to reach out to teachers.
3. Other/Member Updates
 - a. Finalize posters.
 - b. Livemore Screenless
 - i. <https://livemorescreenless.org/resource-library/>
 1. Could use fliers to post in school, send to parents. Send out to the group to look into the resources.
 - c. Escape the Vape Video Challenge
 - i. MDH video challenge
 - ii. Middle and high school students can create a 30 second ad about vaping prevention.
 - iii. Starts on February 1st, due by the 29th, finalists are posted in April.
 - iv. Public Voting
 - v. Creates a more positive experience instead of just negative.
 - vi. Send it to administration to approve.
 - d. Rutgers Center of Excellence in Rapid Surveillance of Tobacco.
 - i. National Center for Injury Prevention and Control
 - ii. Way to survey what tobacco products are used by teens.
 - iii. Send it to administration to approve.
 - e. Winter Walk to School Day
 - i. February 7th
 - ii. Students walk from the bus barn to Highland.
 - f. February Fitness Fever
 - i. Free Ice Skating at the Crookston Skating Rink
 - ii. Last Sunday in February
 - g. Signage in Kitchen regarding lunch in multiple languages: Spanish
 - h. School Board Meeting - Add some report for the wellness committee
 - i. End of School Year

4. Follow-up/Action Steps by next meeting

a. Goals:

- i. Send out the Escape the Vape Video Challenge to administration.
- ii. Send out Rutgers Center of Excellence in Rapid Surveillance of Tobacco to administration.
- iii. Send the LiveMore ScreenLess Resource Library to committee members.
Members can choose any topic they may like to explore for the next meeting.
- iv. Reach out to 3rd grade classrooms to see who may be interested in writing letters to seniors.
- v. Print off Prom Postcards.
- vi. Finalize Julia's posters to be printed.
- vii. Add signage to kitchens in Spanish.

b. Next Meeting

- i. TBD. Early April 2024