

# School Wellness Committee – Agenda

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Location: Crookston High School Conference Room

Date: Friday, November 3, 2023

Time: 10:00am – 11:00am

Attendance: Stacey Grunwald (CPS-Nurse), Linda Morgan (CPS – Leo Club), Julia Buhler (CHS Junior), Miryah Epema (CHS Junior), Emily Scheresky (CPS – Food Services Director)

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## Agenda Items

1. Welcome/Introductions
2. General Overview of Wellness Committee
  - a. What has been done in the past?
  - b. What has worked, what has been challenging, who has been involved?
    - i. Stacey will get the list of people who have been here in the past.
    - ii. Julia made infographics for vaping prevention for HES student council last year, but they never utilized it. Could get in contact with them and get that used.
    - iii. Prom Letter – Letter to parents from Polk County Health about making good decisions at prom/after prom. March or April goal.
    - iv. Activity decals in the large group auditorium in HES.
    - v. 3<sup>rd</sup> and 4<sup>th</sup> graders wrote letters to seniors. Were handed out at the breakfast of the senior breakfast. Go teacher by teacher basis to see who would be interested in doing that this year.
    - vi. Staff wellness will be tabled.
3. SY 23-24 Wellness Planning
  - a. Elementary School
    - i. Active hallway decals were implemented in the large group room at HES over the winter. The wellness committee can explore ways to expand this throughout other areas of the school.
  - b. CHS
    - i. PCPH speaking with middle schoolers (6-8) on vaping/wellness. Amanda/Sarah have been in contact with Matt Torgerson regarding speaking to classes next fall.
    - ii. Increasing accessibility to movement during/after school that is not tied to a MSHSL sport or Phy. Ed. Class
    - iii. Walking map – can CHS get walking maps similar to those at the sports center that tells students/staff how much they walk when doing laps inside the building.
    - iv. Shelly Fisher, Jen Sulley, would know how far the distance of one lap around the school would be. This could be posted in a flyer format above water fountains around the school.
4. Other/Member Updates
  - a. Members from last year's committee would likely be interested again this year. Current members will reach out for them to attend next time.
5. Follow-up/Action Steps by next meeting
  - a. Next Meeting
    - i. Goals for December:
      1. Stacey getting contact info for PCPH
      2. Stacey getting survey info for vaping
      3. Stacey asking Shelly for steps taken/distance one lap around the high school equals
      4. Linda asking Mr. J if he is interested in joining the committee again.
      5. Next meeting December 4<sup>th</sup>, 11:00-11:20.