

School Wellness Committee – Minutes

Location: Crookston High School Conference Room

Date: Monday, December 4, 2023

Time: 11:00 am – 11:40 am

Julia Buhler, Tricia Hellerud, Amanda Lien, Sarah Shimek, Sutton Junkermeier, Miryah Epema, Stacey Grunewald, Emily Scheresky, Linda Morgan (absent)

Agenda Items

1. Welcome/Introductions
2. Old Business
 - a. Lap Distance is 333 meters.
 - i. A flyer with this information that promotes being active during breaks will be completed by Julia.
 - b. Reprint vaping infographics for vaping prevention, add more social norms, fewer statistics.
 - i. Survey information will be utilized for posters. Stacey will send this to Julia.
 - c. 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. This will be reintroduced at a later time.
 - d. Continuing with Letter to parents from PCPH for prom.
 - i. Sarah will bring them to the school to be mailed to the parents.
 - ii. We are interested in doing something like this for vaping as well.
 - e. District/Community wide there is a need for movement/physical activity promotions and sleep promotions.
 - i. Ideas for the future:
 - ii. Focusing on:
 1. Technology Breaks
 2. Sleep
 3. Suicide Prevention
 4. Gym Class
 5. Energy Drink Consumption
3. Other/Member Updates
4. Follow-up/Action Steps by next meeting
 - a. Goals:
 - i. Stacey asks the middle school teachers if there are any vaping guidelines they are teaching.
 - ii. Julia is working on posters.
 - b. Next Meeting
 - i. TBD. Late January 2024, January 22nd OR January 29th 11 am