

## School Wellness Committee – Minutes

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Location: Crookston High School Conference Room

Date: Thursday, April 9, 2026

Time: 9:00 am

Members in attendance: Sarah Shimek, Stacey Grunewald, Lily Grossbauer, Linda Morgan, Avery Mathews, Emily Scheresky

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### Agenda Items

1. Welcome/Introductions
2. Old Business
  - a. Cannabis Education (Basketball) Video
    - i. Done and circulating
  - b. Cannabis Education Short Videos w/ Positive Local Role Models
  - c. Brain Break
    - i. Interested in trying next year?
      1. Yes, will reach out to Lisa earlier, see what works for her schedule
  - d. Triennial Assessment
    - i. Should be about done, plan to present at June school board meeting
  - e. Whole Kids Grant
    - i. Submitted February 2026
    - ii. Will announce results on August 1st
    - iii. Have some other garden grants to apply for in fall
3. New Business
  - a. Network created by Lily Grossbauer
    - i. Updates?
    - ii. 28 people from the region attended the first meeting
    - iii. Upcoming statewide assessment on local food systems
    - iv. Next meeting mid-May
  - b. Prom Flyers
    - i. Were sent out to CHS students' parents
  - c. Farm to School Initiatives
  - d. Ideas for next year
    - i. Minnesota Apple Crunch
    - ii. Brain Break
    - iii. Fall Sports Screen Time Challenge
      1. Attend a fall sports meeting to speak with coaches
      2. PAC meeting (Parent, Athlete, Coach), typically the week before the sport season starts, second week of August
      3. Award could be some trophy
      4. Maybe have them do the first practice until their first event/first game
    - iv. Nutrition Education
    - v. Partnerships with Community Ed
4. Other/Member Updates
  - a. Opioid video posted on Facebook 4/8/2026
    - i. Additional video shorts will be posted regarding that

- b. One vegetable, one community
    - i. 10 year anniversary
    - ii. Vegetable tba
    - iii. Will be distributed the first week of the farmers market, depending on how many seeds they get. Will distribute at the library as well
  - c. Power of Produce (POP)
    - i. Dollar coupons for children and seniors to purchase items at the farmers market
    - ii. Have to be used on produce
  - d. Apple Trees
    - i. Apple trees in Polk County Schools
  - e. Kickballs
    - i. PCPH will be bringing new kickballs with messaging promoting healthy lifestyles to Polk County public elementary schools.
  - f. Cannabis Curriculum
    - i. Minnesota mandated that there is a cannabis prevention curriculum throughout the 6-8 grades (districts can pick which grade they focus on).
5. Follow-up/Action Steps by next meeting
- a. Goals:
    - i. Post network meeting
    - ii. Deliver apple trees
    - iii. Identify PAC Meeting for fall sports screen time challenge
    - iv. Identify a date for Brain Break
  - b. Next Meeting
    - i. October 2026