



School Wellness Committee Meeting Minutes

Date: Monday May 23rd, 2022
Time: 3:30 p.m. – 4:30 p.m.
Location: Central Office Room A/B
Attendees: Kevin Fadrowski, Jessica Miller, Shelly Schneider, Stacie Lecker, Anna Stichert, Melanie Hanneman, Joanne Greenlee, Cathy Gorst

- 1) Welcome and Introductions
- 2) Five to Thrive Wellness Challenge – Wrap Up/Results
 - a. Anna gave final numbers on challenge. 40 people completed the challenge (5 online). 11 completed the post-survey. 1 person entered that they were dissatisfied with the challenge. 10 of the 11 said they would participate in the challenge again. 1 participant gave recommendation of picking one color of fruit/vegetable.
 - b. Security Health Plan's next challenge will be Fall Into Motion Challenge. Will run October 17th – November 13th. Goal is to record at least 30 min of exercise for 14 of the 28 days. Anna will send over more information on this.
- 3) U4CW Kindness Update
 - a. Joanne gave update on Choose Kindness event taking place throughout the community. Each school received at least \$5 MACCI gift card to hand out. 14 gift cards were distributed throughout the district last Friday May 20th.
 - b. Mental Health task force did flocking of signs in May, MCLA is in the process of filming 20 minute messages for a "Ask a Therapist" Mental Health Series.
- 4) Monthly Events for 22/23 School Year
 - a. Events for next year include Fall into Motion challenge (oct-nov), water challenge in spring (idea was presented to create staff vs student challenge) National Pet Day pet picture contest (April), PLC – wellness offerings during PLC meeting (healthy snack, exercise ideas for 10 mins), gratitude boards in November
 - b. Staff inquired about what time schools open for staff to be able to use gym, walk around. Will talk more about this next year. Made it a goal of the committee to open up facilities to staff and community members to use like they did pre-covid.
 - c. Brought up mapping out 1 mile markers in school (how many laps), how it had previously been done by Ann Kollross.
- 5) Any School Wellness Updates
 - a. Plan for next year is to have info created to give new staff at orientation.
 - b. Talk to principals about encouraging participation in committee



6) Meeting close

Future Meetings

September 19th, 2022