

Melrose-Mindoro School District
Wellness Committee Meeting Minutes

November 14th, 2019

Present: Mary Sinclair, Sarah McAdams, Sherry Scherr, Jeff Azrt, Jessica Mulholland, Beth McRae, Darby Sampson

Student Wellness

- **Healthy snacks :**

A refrigerator is now placed next to the milk break cooler for elementary students to store healthy snacks. Snacks are to be labeled with name and date. Each Friday the kitchen staff removes any snacks not properly labeled or outdated.

A list of healthy snacks has been compiled and approved by the school's Medical Advisor. It was made available during open house and will be sent home in elementary backpacks.

Teachers requested guidance on enforcing individual students bringing only healthy snacks for their break. We can educate and strongly encourage. It was suggested that classes have a guest speaker to talk about nutrition. Mr. Dobbs said the April Duvall from UW Extension office talked with the BRF students and provided samples when he was there. We will contact her.

FFA Alumni was asking if they could put in a milk vending machine for JH students. Administration does not allow vending machines for JH as they have demonstrated indiscriminate spending.

- **Project Adam Heart Safe School:** Mrs. Sinclair continues to work on the policy and protocol. When this is completed and approved, the Cardiac Emergency Team will meet.
- **Milk choices:** The question regarding serving 2% milk was again raised, serving 1% chocolate milk was also discussed as ways to improve milk consumption and reduce waste. This is ultimately a school board decision as it impacts the budget. Mrs. McAdams will give cost comparisons to Mr. Arzt.
- **Vaping:** This is a concern at school. It is difficult to detect as it is odorless and there is no smoke. Kim Schifer, Registered Respiratory Therapist (RRT), Tobacco Treatment Specialist (TTS), and Certified Pulmonary Function Technologist (CPFT) gave an education presentation to grades 7 – 12. Students who are vaping in school are offered an educational program with Mrs. Schifer in place of a three day suspension.

Staff Wellness

- **Indoor Walking Trail Map:** Mr. Arzt will formalize map designed by Mr. Woodward.
- **Stop the Bleed:** Officer Nobsch has access to a full training kit and provided training during staff in-service.
- **Staff Wellness Grant:** Staff's health insurance company provides a \$2000. grant to be used toward staff wellness. Staff suggestions trended to an elliptical (priced at \$1950.) or 2 massage chairs, one for each building. There was much discussion on where these would be located, including development of a staff wellness room. Mr. Arzt and Mr. Dobbs will further investigate as priority is given to student space needs. Mr. Dobbs will send a Google survey asking staff to vote between an elliptical or massage chairs. (Update – vote completed and massage chairs are staff's choice).

Community Wellness

- Parents are walking after school as their children have athletic practices. Recommend additionally opening the school for **community walkers** from 6 a.m. to 7:30 a.m. during the week. Supervision of children is required. Camera surveillance would help with identifying any issues. Will follow-up with Tony Proft as to if this would interfere with custodial work.

Next meeting: January 30, 2020 @ 3 p.m., Administrative Office

Respectfully submitted,

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Wellness Coordinator

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