

**CN Wellness Committee Meeting
Colo ICN Room-7:30 A.M.
Friday, January 13, 2023
Virtual Link-As an Option**

Members Present: Marc Snavelly, Brandon Kelley, Sheryl Gilmore, Kelsie Engleken, Todd Frohwein, Travis Owens, Aaron Aljets, Mary Wilkins, Drew Banks, Lucas Frohwein
Virtual: Jackie Dunlap, Kara Kinser

Agenda:

1. Welcome/Introductions (Marc)

Each member of the committee introduced themselves and shared their role on the committee. Administration, teachers, parents, and students were represented. School Board Members and Healthcare Professionals were invited, but they were unable to attend.

2. Updates-Fall Wellness Activities (2022)

a. HS Foods Class Involvement w/Story County Extension & Elementary Classes (Jackie)
This is on-going through the 5210 Program.

b. Live Healthy Iowa Update (Jackie)

Both buildings did the Live Healthy Iowa Walk in the fall. Story County Law Enforcement assisted with traffic control. The elementary students will be participating in the Mileage Club this spring through Mary Greeley.

c. Adding New Members (Marc)

We invited students to attend. Two were in attendance for the meeting. We also invited healthcare professionals and school board members, but they were unable to attend. An invite was sent out to all students and parents in the District.

d. Vaping Update (Brandon)

Mindy Speake from YSS has done some lessons with 9th and 10th graders. She will return in the spring. She has also presented some lessons on mental health with 7th and 8th graders. She will also be back in the spring to work with 5th-6th graders as well.

e. Mike Donahue Presentation (Brandon)

Mike did an assembly in the fall focused on bullying, self-worth, substance abuse, and overall mental health. He also worked with the Student Leadership Advisory Committee throughout the day. He did a parent presentation in the evening. It was highly promoted but not well attended.

f. P.E./Wellness Activities (Travis & Aaron)

No skating this year. Sleepy Hollow is closed this winter so no skiing or sledding. May go bowling.

g. Displaying Meeting Minutes on the Website (Marc)

Mr. Snavelly has minutes posted on the school website on the "Nutrition" page.

3. Spring Activities (2023)

a. P.E./Wellness Activities (Travis & Aaron)

Fishing & Kayaking are planned this spring at Dakins Lake. The elementary has started Jump Rope for Heart.

b. Community Service (Marc)

Last year, activities were planned in all three towns. Students planted trees in McCallsburg. Clean-up took place at the Threshold Learning Center in Zearing. In Colo, they cleaned up City Park. Mrs. Heidemann organizes this each spring.

c. Anything Else-???? (Marc)

None

4. Fall Activities (2023)

a. Mike Donahue Workshops (Brandon)

We plan to bring Mike back next fall to do some student workshops right when school starts.

b. Other Things Being Planned-??? (Marc)

None at this time, but we will focus on fall activities more later.

5. Areas Needed to Be Assessed Yet (Marc)

a. P.E.

Nothing to do now.

b. Nutrition

The audit taking place now.

c. Public Involvement

We continue to increase public involvement in everything that we do.

d. Monitoring & Evaluation of Programs

Nothing to do now.

6. Triennial Assessment/Nutrition Review/Audit (Sheryl & Jackie)

Jackie Dunlap discussed the draft that she has put together and took input from the committee. This will be finalized and submitted. We will also add it to the website.

7. Other Topics of Discussion (Marc)

Jackie Dunlap discussed that Narcan has been received and training has been done. Mr. Snavelly expressed the need to get this added to board policy. Mr. Stalzer would like to bring in the Blank Fire Safety House for elementary students. We plan to do more staff training on AEDs and CPR. It was mentioned that we could tie healthy snacks in with Farm Safety Day. It would be nice to get the high school foods classes to help with Family Math and Literacy Night at the elementary. We need to do more wellness activities with staff. A question was asked whether the pop machine can be moved to the high school wing. Mary Wilkins from ISU Extension discussed Switch that is a 12-week program that can be accessed through 4-H. There are P.E.

lessons, classroom lessons, cafeteria lessons, etc. She also mentioned the Blender Bike. The next meeting will be held in the fall of 2023.

Adjourn