

MDSD Wellness Committee Agenda

Monday, May 13, 2019

3:30 pm in the PLMS Library

Absent: Kristine Maxwell, Michelle Harris

1. Review minutes from the last meeting – March 11

2. Committees

a. Farm to School Initiative/Budget – Lisa

Lisa had to go to Boise for a budgeting meeting. We need to redo our policy first thing next year because the state will be auditing.

b. Nutrition/Menu– Kristin and Mary

Kristine spoke previously on survey for the high school about lunch. The consensus was that students did not have a problem with lunch, food etc. they just wanted to get off campus.

c. Policy – Kelly

Beginning of next year our #1 item is updated policy for our state audit.

d. Community issues – Kelly

i. Tobacco cessation/vaping – Chakoma from CDHD - April

Came up from central district health to talk about vaping. It wasn't the best fit for this community. Although very knowledgeable, it was above the level where middle school can be more successful. 7/8th graders are having a vaping talk with Theresa Farneslow and Meg Hendersen.

High school is now saying that students are using water bottles so expel water vapor. Looking at having a person (Rob Stevenson) come up from the Valley and talk about vaping for Middle School and High School parents after school, potentially at parent night. Kelly will contact him.

Bridging the Gap – Thursday, May 16th sign up on line first 50 people for Middle School parents. YAP students will help lead the discussion. Will be led by Becky Creighton from CDHD

Teen issues: sex, cell phones, vaping, stress,

This is teen led as far as what the important issue is and they came up with vaping, stress, cell phones (nudes and addiction) Catered by Veg'd Out. Starts at 6:00pm.

d. Staff Wellness – Dina/Alice

Yoga: Have been about 4-7 people each time. At the High School, easy flow yoga.

Wellness Challenges: Very popular at elementary schools. Signed up every month, not popular at middle and high school. We would like to plan a bigger quarterly event where teachers can get together and do something to be active and then meet afterwards to BBQ etc. Plan to start the beginning of next year.

e. Lewann – BRMES 2nd graders did a tooth brush thing and toothbrushes were given out. Would like to try and include Donnelly Elementary in this.

3. Special recognition Cynthia is retiring and has been a part of the Wellness Committee for over 10 years. She has been a chair for many years, wellness day for St. Luke's (health fair- and would like to maybe do this again), farm to school, school gardens and greenhouses, and has contributed so much to the committee. We want to thank her for her contributions!

4. Other items to discuss

Key thing to focus on next year might be mental health both for students and staff. The consensus is that this last year was very stressful and teachers need to feel heard and supported.

5. To do list

Mental Health Survey – Present to Mr. Foudy before sending it out. Ask for input.

Have events to try to help the mental aspect of the district and to bring the district together as a whole.

6. Next meeting – September

Felicity Steers would like to be the new BMES Rep.

Next meeting will be September 16th 3:30 at PLMS.