

## Wellness Committee Meeting Notes

Monday, November 4<sup>th</sup> 2019

3:30 P.M. @ PLMS Library

In attendance: Mary Stegner, Lisa Howes, Alice Brown, Dina Loraas, Tiffany Dobbs, Jana Sylvia, Lynn Swift, Lewann Ball and Kelly O'Connell

Missing: KC Wheeler Felicity Steers, Kristine Maxwell, Tiffany Dobbs, Laura Bettis

Meeting Notes:

1. Minutes were reviewed and approved from the previous meeting in September.
  
2. Sub Committees:
  - a. Farm to School Initiative/Budget –Lisa reported the kitchen is having a hard time finding fresh foods this time of year. The focus is still on buying high quality foods for our students.
  
  - b. Nutrition/Menu– Mary, Lisa, and Kelly

The group reported back they have met once. Lisa would like to see her kitchen staff be trained on how to properly use knives. The staff could be more efficient and safe if these skills were taught. The group will be scheduling another meeting with Jenny Rummely from St. Luke's. St. Luke's has a new nutrition coordinator that maybe we could tap into. MOSS has a dietitian that might be able to help the district.

Lisa also informed the group on different food choices they are serving. Homemade soups once a month and different options in the salad bar.

There have been some complaints regarding the lunches at PLMS. Some of the food items are still frozen when served to the students.

- c. Policy – Kelly
- There are a couple new policies in the 2000 series that deal with nutrition and physical activity. Right now these policies are tabled. Jim is looking them over. If they are passed, the district will have to hire new personnel and restructure what we are currently doing. Kelly is in favor of these new policies as they will help our students be more active and healthier.

d. Community issues – Kelly

YAC – Family Series

Was an amazing 4 night series in the month of October. They were not well attended but the discussions and topics were relevant and worthwhile. Those who attended were pleased with the knowledge they gained. YAC might do another one in the spring or maybe next fall.

VCORP - Valley County Opioid Response Project

Has been involved in several community forums on the issue of drug addiction and recovery. The goal is to help people through the process of abstaining and recovering from drug addiction.

e. Purple Air – this was an issue Tim asked Kelly about. Kelly will speak with Tim about not getting this monitor but instead going to sites like NOAA to check the air quality levels. The group decided this was a better option than buying a monitor.

f. Breathing Programs – UK, Whimoff Method and Apps  
Kelly asked if anyone would be interested in taking this information back to their buildings. These programs help reduce stress, depression and anxiety. It is a simple program teachers can implement in the morning for kids to focus and relax during the school day.

g. Meeting Times – BRMES has meetings on Mondays

h. Staff Wellness – Dina

Yoga – 3:45 on Wednesdays

Get moving Mondays will meet at 4:00 at PLMS

i. Other items to discuss/goals

Jana spoke about the program Alanon and the possibility for having meetings in our community for teens.

3. To do list –

4. Next meeting will be January 13th

