

MDSO Wellness Committee Notes

Monday, January 13, 2020

3:30 pm in the PLMS Library

Attendance: Jen Stone , Sheri Class, Kelly O'Connell, KC Wheeler, Alice Brown, Kristine Maxwell, Lewann Ball, Laura Bettis, Lynn Swift, Mary Stegner

Absent: Dina Loras, Lisa Howes, Felicity Steers, Linzie Green, Tiffany Dobbs, Jana Sylvia

1. Review minutes from the last meeting – Nov 4th,
2. Committees –
 - a. Farm to School Initiative/Budget – Lisa
 - i. Lisa had a family issue come up so she couldn't be here. She is really trying to be innovative on the menu with food. (homemade soup, potato bar, homemade lunchables) There were concerns from certain buildings with foods... middle school (lots of kids are they not ready for the numbers-foods still somewhat frozen?) We need to know if there are foods that are not appetizing, or if students are late to lunch they don't have enough food. Can we take a count in the morning at the Middle School. Lines at the high school and middle too long so kids don't want to eat because it takes to long.
 - ii. Need to look at the numbers of kids that are eating lunch in middle and high schools. (time to eat, space to eat, food available) Alice will bring it up and then report back
 - b. Nutrition/Menu– Kristin, Mary, Lisa

i. Meeting at St. Luke's to meet about writing a grant for nutritionist and help with our food options and content. Also help with culinary skills (food prep and safety) Can also do ServeSafe online for this as an option. Chefs locally chose to do a culinary course, may be an option again this spring. Kristine will look into if they are doing this again and will report back.

c. Policy –Kelly & KC

i. Have looked into the Physical Education Policy for the district and in looking at the policy we are low on the requirement and are looking into what we need to do in order to successfully shape policy.

d. Community issues – Kelly

Blow by Blow – Wednesday, Jan 22nd 5:30 @ PLMS Light supper – St.

Luke's – RSVP by the 17th

Family night series, had one in October about vaping. It is a concern for our community. Reports at the high school are that it does seem to be going down. At the October series parents asked to have another one. We will do another Jan. 22. Perspective from the school, community, and St. Lukes, and the dental office. We need to spread the word because the first one was so successful. We had between 20-30 people and more interested in a second night.

VCORP - Valley County Opioid Response Project. Meet once a month

4 part series - Star News, Committee member a part of the first article.

Winter Carnival – warming booth – by the old Drug Store ????

Trying to have information available geared towards recovery.

Give a ways

Sober Activities in our community. Things to do that are not alcohol or drug based.

YAC – Youth Advocacy Coalition

- Helping with the event Wednesday, Jan 22nd
- Friday, Feb 21st Screenagers – Alpine Playhouse – Melissa Daniels
Updated version of the first one. When too many youth use devices.
- March 3rd – Youth Leadership Training – Theresa Faneslow
Middle School and high school at Quaker Hill. Bringing in a presenter for students interested in leadership. All day event. Will get information out as it gets closer. Can teachers nominate certain students that they believe should attend? KC will touch base about more information from Theresa. Lynn will get all of these dates on the middle school calendar.
- Thursday, May 21st – Cell phone usage – Colin Kartchner
#savethekids Tedx Speaker on social media
3 assemblies and a parent night
Middle School has a date booked for this, maybe New Meadows and Cascade would like to join but we still need to finish raising the money. They currently have \$3000 of the \$10,000 raised

e. Staff Wellness – Dina/Alice

Yoga, activities

Walking on Mondays was fairly low in participation. Marcella Hatfield is willing to teach a yoga class 3:45-4:45 on Tuesdays. There was participation before break, the last week was too busy but the hope is to increase participation as we move forward.

High School also has yoga on Wednesdays from 3:30-4:30. There is a group that goes consistently.

We need to get a happenings section added to the webpage to KC will do this when updating the minutes online.

5. Breathing programs – UK, Whimoff Method, Apps

Haven't had a chance to use it yet in classes can we bring it up in a staff meeting?

6. Meeting Times - BRMES First Monday's

7. Other items to discuss –

Could we do a basket event for the high school right around 10am for snacks when kids are starving.

8. To do list

Meet about middle school lunch

Meeting with Jenny for grant

Vaping and Screenagers added to calendar

Talk to Theresa about more information on leadership event

Look into bringing in a positive support event.

9. Next meeting – February 24th 3:30 @ PLMS Library