

## Wellness Policy Committee Meeting Minutes

Tuesday, May 7, 2024

8:30 am

NRHEG Board Room, New Richland or remote

Members: Carrie Petsinger, Beth Schoenrock, Onika Peterson, Sara Meihak, Brooke Krohn, Grant Berg, Craig Kopetzki, Dan Sorum, Karen Flatness, Samantha Joecks, Payton Bunn, Kiyah Mikesell, Kiera Lenort, Wendy Schultz, Ashley Killday, Elizabeth Viktora, Melissa Karl, Aaron Phillips, and Mike Meihak

Members Present: Carrie Petsinger, Gabrielle Alvarado, Mike Meihak, Sara Meihak, Ashley Killday, Ethan Rindfleisch, Craig Kopetzki

Meeting Purpose: Discuss the development, implementation, and periodic review and update of the wellness policy (533: Wellness).

1. Review meeting minutes from 2/20/2024. These were approved and will be posted on the website.
2. Current wellness concerns
  - i. MN student survey results
    1. Focus areas
      - a. Staff & mental health issues
        1. Student mental health - The mobile mental health unit that MSU was going to provide to NRHEG has been put on hold until Fall 2024. This is due to staff turnover as well as credentialing and liability.
      - b. Parents & student technology
        1. Education
          - a. Reach & Health @ Secondary - Gabrielle was unable to make schedules work for the reach classes at the secondary school but plans are in the works for next school year so that can be in the curriculum. Gabrielle and 2 peers from Owatonna High School were able to come to the 6th grade classrooms to discuss mental health and vaping and YOLO (Youth Oriented Leadership Organization). Gabrielle is working with Brooke Krohn to see if they can organize a group for next school year.
          - b. 5th grade/phones Elementary - The 5th grade students will be going to the high school in May to have an orientation/tour of the secondary school. This may be a good opportunity for public health to

do a training. Carrie will reach out to [Brooke Krohn](#) about this.

- c. 4th graders had education on vaping, mental health, and cell phones on Friday, May 3rd by Ethan. This went well and the kids were able to identify positive and negative coping skills. Students were provided with resources. Students were engaged and asked questions. Leaders were surprised at the knowledge of vaping these students had.
- d. MOBE - no updates regarding MOBE

3. Roundtable/concern/questions - Gabrielle Alvarado discussed YOLO (see above) and also discussed getting kids involved with the Escape the Vape challenge in the fall. Ethan Rindfleisch stated that Waseca and Steele County Ship funded more snowshoes for the elementary. These snowshoes were intended for younger students and are easier to get off/on. [Ashley Killday](#) stated she is working with Waseca for a bike fleet and might see if New Richland is interested in this as well. Green Out (Mental Health Awareness) day is on May 16th. There is also postvention suicide training on Monday, May 14th. This is a free training and public health covers the cost of lunch. Mr. Meihak will get the information on that and share with staff as appropriate. Lastly, Ethan shared that over the summer, public health will complete the community health assessment and in the fall will be the MN student survey. There is a dashboard put together by the SouthEast epidemiologist that Ethan will share with the group.

4. Next Meeting Date (Must meet 4 times annually)  
I. Fall 2024

5. Meeting Adjourned