



LAKE OF THE WOODS

Lake of the Woods School ISD #390
February 7, 2024 @ 2:45 PM
Wellness / Community Education Committee Meeting - ITV Room
Meeting Minutes

Members Present: Doris Knutson, Jill Olson, Sandy Peterson, Andreana Nylander, Harley Poppitz, Adaline Poppitz, Calista Wolf, Sam Lyon

1. Meeting began @ 2:45 PM
2. Introduction
 - a. Wellness Committee reactivation
 - i. We will be adding Community Ed to this committee
 - b. Scope of the Wellness Committee
 - i. Ensure we are following MDE guidelines
 - ii. Ensure we are giving the students and staff the most that we can when it comes their health and well-being
 - iii. Looking to get input from staff and community members concerning the health of the students and staff at Lake of the Woods School
 - c. School Board Policy 533
 - d. Triennial Assessment
 - i. The sub-committee will be completing the Well SAT - 3.0 prior to the next overall committee meeting and will share the results with the overall committee
3. Community Input
 - a. We are asking community members and staff to help supply the Wellness Committee with any documentation they can find for the upcoming audit
 - b. STUDS group are looking for any ideas as to how to spend down their current grants and new grants.
 - i. The biggest focus of the group is centered around alcohol, marijuana, and mental health awareness.
4. Moving Forward/Next Steps
 - a. Look through Policy 533 for suggestions
 - b. Add more language into Policy 533 concerning mental health
 - c. Come up with mentorship ideas
 - d. Form a sub-committee pertaining to mental health
5. Next Meeting:
 - a. Wellness Sub-Committee Meeting: 02/20/24 @ 9:30 AM
 - b. Community Ed Sub-Committee Meeting: TBD
 - c. Overall Committee Meeting: TBD
6. Meeting Adjourn at 3:25 PM