



Lake of the Woods School ISD #390
May 07, 2026 @ Via Email
Wellness / Community Education Committee Meeting - Via Email
Meeting Minutes

Members Present (those that responded to the email): Jill Olson, Calista Wolf, Andreana Nylander, Micah Haack

1. Meeting begins on 05/07/26 - Via Email

2. Introduction

- a. Wellness Committee Scope & Purpose
 - i. Ensure we are following Minnesota Department of Education (MDE) guidelines for Wellness within the Lake of the Woods School system.
 - ii. Ensure we are giving students and staff the best we can when it comes to their health and well-being.
 - iii. Seeking input from staff and community members regarding the health of students and staff at Lake of the Woods School.
- b. Lake of the Woods School Wellness Sub-Committee Members
 - i. Sam Lyon - Athletic Director
 - ii. Micah Haack - Head Cook
 - iii. Tracy Cook - District Assessment/MARSS & Student Data Systems Coordinator
 - iv. Jill Olson - Accounts Payable/Administrative Assistant

3. New Business

- a. Updated School Board Policy 533: Wellness
 - i. [Policy - 533: Wellness](#)
 - ii. The school board approved the first and second readings of the updated policy during the 04/27/26 and 05/18/26 regular school board meetings.
 - iii. The final reading and approval will take place at the 06/22/26 meeting.
 - iv. The updated policy includes language that aligns with the WellSAT 3.0 (an MDE-recommended assessment for policy compliance).

4. Community Input

- a. STUDS (Students Teaching Uniform Decisions)
 - i. [2025-26 Prevention Needs Assessment results](#)
- b. The committee is looking for ways to offer more adult Community Education classes.
 - i. [Google Sheet Link - Ideas for the Wellness Committee](#)
- c. The committee is looking for ways to mesh the school wellness committee with the community.
 - i. [Google Sheet Link - Ideas for the Wellness Committee](#)
- d. The committee is looking for any other community input concerning wellness.
 - i. Respond with ideas via email or within the Google Sheet link above.

5. Moving Forward/Next Steps

- a. The wellness committee will compile all responses and information added to the “Ideas for the Wellness Committee” Google Sheet and email the minutes for this meeting by June 17, 2026.

6. Next Meeting

- a. Wellness Sub-Committee Meeting: 05/28/26 @ 10:00 AM to compile 05/06/26 meeting results
- b. Community Ed Sub-Committee Meeting: TBD
- c. Overall Committee Meeting: TBD - 2027

7. Meeting Adjourn: 05/13/26 - Final day for ideas & other item submissions via email



LAKE OF THE WOODS

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Idea Submission Document

IDEAS FOR THE WELLNESS COMMITTEE

8. Adult - Community Education Class Offering Ideas

- a. Basics of using an iPhone/Android (*Jill Olson*)
- b. Meal Planning
- c. Mindfulness Classes
- d. Guided Painting Classes
- e. Fitness classes, or guides to becoming more physically fit
- f. Parent/student classes for older - ECFE thought process, but obviously age-appropriate.
 - i. Poetry to paint classes
 1. Maybe Halle A could be paid to host something like this in the art room, or if she isn't able, someone else could use this room
 - ii. Holiday baking classes (Valentine's, Christmas, Thanksgiving, etc.)
 - iii. Class ideas (one per week during summer or during the school year?)
 1. Earring making
 2. Fire building
 3. Survival classes
 4. Bead work
 5. Painting
 6. Canning
 7. Making Jam
 8. Epoxy pours
 9. Woodworking
 10. Maybe a series on "you're going to college, now what"
 11. How to file taxes
 12. How to change a tire
 13. Writing a resume in 2026
 - iv. Maybe we could have community business involvement to host classes at their place of business, outside of business hours
- g. How to use an Instant Pot for all meals
 - i. Making yogurt

9. Ideas for meshing the school wellness committee with the community

- a. Find out how we can better support the sealant program offered by the school (*Jill Olson*)
- b. The sealant program is scheduled for April 30, 2027.
- c. Providing basic hygiene items for students to use/have, etc. (i.e., toothbrush, toothpaste, deodorant). Have this space well-known and accessible. (*Andreana Nylander*)
- d. Community mentorship program-connecting students with a trusted/vetted adult in the community (including the teachers in the mentorship). (*Calista Wolf*)

- e. Get student groups and teams more connected to community groups through volunteering/field trips/collaboration sessions, or connect student interest groups to similar groups from bigger organizations (BSU?) - might give a chance to see where their interests can be used outside of LOW School.
- f. An interactive survey on ideas the kids have for making their school what they want and need.
- g. Bear Pride: Pack the stands giveaway for a lesser attended sport (giveaway an annual pass or something) - We need to focus on ways to show more "Bear Pride" in the community - Boost "Show Your Spirit" Friday again, with getting as many organizations on board as possible to wear Bears gear on Fridays.
- h. School Vision Board - show the community what the kids are dreaming about for their community.
- i. Weightroom accessibility for students - creating a position or reason for adults to supervise summer weightroom use and before/after school use.
- j. School Garden with student involvement.

10. Other Ideas, Comments, or Questions

- a. The student survey really makes me believe that we need to focus on the adult/student connection. It is worrisome to me that, for such a small community, the kids are saying they do not feel recognized.
- b. Are kids voicing their needs and ideas in school? Input from the youth would be helpful in some cases, instead of us trying to guess what they need.
- c. I think there is far too much technology used and relied on - a way to disconnect students from their phones and potentially computer use at school. The student survey showing what appear to be high numbers is alarming. I also believe there is enough research to back up the damage phone use/screen use really creates and how harmful it can be. Maybe this also needs to be a class taught in comm. ed - the mental dangers and brain dangers of technology use, especially on developing brains. The data is from 187 students - MN report card shows we have 221 students total. So that is about 85% of student representation.
- d. A few years ago, I was on a committee, "Safe Routes" where we applied for a grant and went through a pretty lengthy process - this may not fit in this agenda; however, the big picture idea was to not have the road drive by the playground - diverting it out further for student safety.
- e. I would love to see sand and/or grass volleyball courts out by the playground - along with any other sporting events that make our playground have more of a community center feel.