

District Wellness Committee Meeting Agenda

March 2, 2023

3:30 pm Google Meet

- III. Welcome and Introductions
 - a. Rose Erickson, Patti Johnson, Danaca Jensen, [Brittany Schmalz](#)
- IV. Updates
 - a. [Alison Scheffler](#)
 - i. Final wellness activities are coming up. All forms must be submitted by March 24th. This year is probably the highest number of offerings for activities!
 - b. SHIP
 - i. [Trauma Informed Training](#)
 - 1. The Importance of Understanding Trauma: Current research shows a high percentage of individuals are exposed to trauma and toxic stress. Trauma can undermine a person's ability to learn and form healthy relationships. This session will help both LPH SHIP Staff and partners:
 - a. understand how to better understand the impact of trauma on themselves and those they work with
 - b. Improved engagement with colleagues
 - c. Imbed trauma-informed principles in their work
 - ii. [Trauma Informed Resilient Schools Training](#)
 - 1. **In Person: April 4th/April 13th in Marshall**
 - 2. If you want to make a difference for your school, Join us for the 10 Steps to Create a Trauma-Informed, Resilient School Training from Starr Commonwealth and become a **certified** Trauma and Resilient Specialist in Education!
 - 3. If you need assistance in this for funding, please reach out to us through SHIP
 - iii. [School Health Conference](#)
 - 1. **In Person: March 23 in Marshall**
 - 2. This conference is for professionals supporting student mental and physical health in schools. Join us at any of the three locations: Mankato, Rochester, and Marshall. The keynote speakers will be streamed, along with in-person regional breakout sessions and networking.
 - iv. Building a Comprehensive School Mental Health System: Virtual
 - 1. **March 14, 2023 8:30 AM-12:30 PM**
 - 2. The Minnesota Department of Education's Project AWARE team is sponsoring a free, virtual training on Building a Comprehensive School Mental Health System, presented by the Midwest Center for School Mental Health on Tue, March 14, 2023, 8:30 AM – 12:30 PM CST. Register here:
<https://www.eventbrite.com/e/building-a-comprehensive-school-mental-health-system-tickets-535872738787> This half-day, interactive training will highlight strategies to build a comprehensive school- or district-wide

approach to support student mental health and is designed for school staff and leaders interested in strengthening mental health supports for students. Facilitators will provide an overview of the comprehensive school mental health framework developed by the National Center for School Mental Health and outline a process for schools or districts to take in creating plans to build or strengthen their system of support for students.

3. The session will cover:
 - a. The core components of a comprehensive school mental health system
 - b. How to assess your current school mental health infrastructure and readiness
 - c. Using the SHAPE system to document current implementation
 - d. Identifying and prioritizing student mental health needs
 - e. Mapping current services and resources
 - f. Building or strengthening your school mental health leadership team
 - g. Assessing school staff readiness to implement services and supports
 - h. Recommendations for developing a school or district mental health improvement plan
 - i. Participants are encouraged to register as district teams, though this is not required. Following the training, each participating Minnesota team or district is eligible to request up to 5 hours of free personalized technical assistance through the Midwest Center for School Mental Health. Technical assistance can be used to review districts' current school-based mental health systems, make a plan for gathering needed information, or create a plan for moving forward. Technical assistance should be used by the end of June 2023. [NOTE: Districts already participating in Project AWARE or the Collaborative Improvement and Innovation Network (COLIN) are welcome to attend the training but are not eligible for technical assistance].

c. [Rose Erickson](#)

- i. One change to make for the school board to approve
 1. Updated language of free breakfast to K-12.
- ii. Menu updates: Farm to School grant, HOTM, sambusas

d. Triennial Assessment of our [current wellness policy](#) due this 22-23 SY

- i. Completed every three years as a MDE requirement
 1. 22-23 SY [Well Sat Completed Score Card](#)
 2. Working on updating the [assessment summary](#)
- ii. Last assessment was completed in 19-20 SY
 1. 19-20 SY [Well Sat Score card](#)
 2. 19-20 SY [Assessment Summary](#)

V. Upcoming Meetings

- a. April 18th, 2023 3:30pm (Edits completed, policy finalized to be reviewed by school board)
- b. 2022-2023 School Board Presentation: May 8th, 2023