Wellness Committee Meeting Minutes
Date: Thursday August 14th, 2025
Location: GRSH Conference Rm
Time: 3:30-4:30

Attendees: Polly Podpeskar, Joanie Kellin, Kelly Campbell, Andy Forbort

Information to share: Joanie Kellin – Itasca County SHIP Coordinator announced that they are interested in starting a student and educator wellbeing initiative. The purpose is to collaborate between Minnesota Statewide Health Improvement Partnership, Itasca County and schools to support student emotional and social wellbeing and academic success by equipping teachers with strategies and habits to incorporate into the classroom. There is a grant available that is due by the end of August.

Family Fun Night: The committee discussed the need to select a date and location if we are planning on hosting a family fun gathering this fall. Possible dates are 9/12, 9/19, 10/2 and 10/15. The locations that were suggested include the DESC building or East Elementary. Polly will contact Julie and if we are going to host the event Julie can send a survey to the committee to vote on a date and location.

Identify four items to focus on this year: It was suggested that we seek information about job performance because when some team members don't demonstrate a strong work ethic it can lower moral and affect the motivation of those who are committed to doing their best. The items identified last year were Staff Wellness Survey, Wellness Mental Health Miniseries, Health Competition series, and Family Fun Night.