



Kelliher Public Schools
Independent School District #36
345 4th Street NW, P.O. Box 259
Kelliher, MN 56650
Phone: (218)647-8286
Fax: (218)647-3110

MEETING AGENDA

Date: Friday, August 28, 2025

Time: 8:30 A MM Location: Media Center

Meeting Purpose: Wellness Committee Meeting

Present: Sherri, Amy, Missy, Dawn, Justine, Courtney, Jeff, Calvin, Sarah, Kim, Carly

Absent:

Meeting Roles:

Facilitator: Jeff

Note Taker: TBD

Connect Leader: Jeff

Reflect Leader: Jeff

Connect & Center (3 min)

Today's Welcoming Activity:

Ideas: Two-word check-in, appreciations/celebrations round, one good thing, mindful moment

Agenda:

1. Welcome & Introductions
2. Review Committee Member List
 - a. Who needs to be added? List looks good. Alisa Skaar, Nina Cohn (interested in possible joining)
3. Shared Drive Content - we will hold all information in the shared drive
 - a. 2020 Assessment
 - b. 2024-2025 Work in Progress
 - c. Policy 533 Wellness Policy
 - i. 2020 Kelliher Wellness Policy
 - ii. 2022 MSBA's redline Model Wellness Policy - present to board - action item
4. Recap what's been done and what needs to be done - up for review. Will let us know about a month before we have a review.
5. Determine next steps (Action Items)
 - We are going to start at the beginning. Teri and Mya - get in contact with.
6. Set next meeting date

Action Items:

1. Jeff will call Mya (SHIP) and Terri (MDE)
2. MSBA Wellness Policy - Jeff
3. Upload School Wellness Tool Kit - Jeff
4. Review School Wellness Tool Kit - everyone (in drive)
5. Amy - will get student reps for Wellness Committee



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Reflect & Commit (3 min)

Today's Optimistic Closure Activity:

Ideas: one-word whip, key takeaway, action commitment, three good things

Next Meeting:

Date: 10-7-25 (Tuesday) Time: 7:30 Location: Media Center

Committee Members:

Jeff Nelson, Superintendent

Sherri Dahl, Principal

Justine Nistler, Food Service

Sara Rygss, PE Teacher

Amy Mastin, Ag/Science Teacher

Courtney Moyer, FACs Teacher

Carly Amsden, Interventionist

Missy Brambrink, Health Office

Calvin Mayers, Facilities/Custodial

Dawn Gelhart, Childcare Center

Kim Olson, Teacher- Reading

TBD, School Board Rep

TBD, Student Rep

TBD, Student Rep



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