



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: Wednesday, November 19, 2025 Time: 3:15 AM Location: Conference Room

Meeting Purpose: Wellness Committee Meeting

Present:

Absent:

Meeting Roles:

Facilitator: Note Taker: TBD

Agenda:

1. Complete the WellSAT Policy assessment -
 - a. [WellSAT website](#)

2. Homework for the next meeting (does Monday, November 24 at 4:15 p.m. work?)
 - a. [WellSAT Practice Questionnaire](#)
 - i. Individually review and rate our current practices using the WellSAT Questionnaire and scoring rubric prior to our next meeting (same process as the Policy assessment).

3. To be done before Christmas Break?
 - a. Introduction to our [Health Index Assessment](#)
 - i. Each group would schedule a time to meet to review and rate each question for their assigned modules - completed paper assessments would be turned into Jeff to be uploaded.
 - ii. Proposed Module Groups

Module		Group members (only a suggestion)
1	Health & Safety Policies & Environment	Jeff, Missy Calvin, Dawn
2	Health & Education	Sara, Kevin, and Ari
3	PE & Physical Activity Programs	Sara, Kevin, and Ari
4	Nutrition Environment & Services	Justine, Courtney, Amy, Mary
5	School Health Services	Jeff, Missy Calvin, Dawn



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MEETING AGENDA

6	School Counseling, Psychological and Social Services	Cary, Alise, Kim, Sherri
7	Social and Emotional Climate	Cary, Alise, Kim, Sherri
8	Physical Environment	Jeff, Missy Calvin, Dawn
9	Employee Wellness & Health Promotion	Cary, Alise, Kim, Sherri
10	Family Engagement	Justine, Courtney, Amy, Mary
11	Community Involvement	Justine, Courtney, Amy, Mary

Next Meeting:

Date: Monday, November 24

Time: 4:15 p.m.

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

Mary Thayer, School Board Rep

Kevin Waldo, School Board Rep

Ari Smischney, Student Rep

TBD, Student Rep