

School Wellness Committee – Minutes

Location: Crookston High School Conference Room

Date: Wednesday, January 28, 2026

Time: 9:00 am

Members in attendance: Sarah Shimek, Lily Grossbauer, Stacey Grunewald, Linda Morgan, Avery Mathews, Emily Scheresky

Agenda Items

1. Welcome/Introductions
2. Old Business
 - a. Cannabis Education (Basketball) Video
 - i. Done and circulating
 - b. Cannabis Education Short Videos w/ Positive Local Role Models
 - i. Getting sound bites from local role models, coaches, healthcare professionals, etc.
3. New Business
 - a. Brain Break Day in February
 - i. Board games
 - ii. 2/18
 - iii. Classes are signed up, 2 per period
 - b. TriAnnual Assessment
 - i. Working on making adjustments to policy that will be presented in June.
 - c. Screen Time Challenges within Sports Teams
 - i. Looking into PTO Donations, other funds
 - d. Network created by Lily Grossbauer
 - i. First Meeting 2/24 virtual
 - ii. 2:00-3:30 pm
 - e. Whole Kids Grant
 - i. Opens February 2026
 - ii. Looking for other school garden grants as well
4. Other/Member Updates
 - a. Prom
 - i. 4/25/26
 - ii. Will get prom inserts for participants
 - b. February Fitness
 - i. Free Swimming, Crookston Community Swimming Pool, 2/8 3-5 pm
 - ii. Free Ice Skating, EGF Civic Center, 2/22, 3:45-5:45 pm
5. Follow-up/Action Steps by next meeting
 - a. Goals:
 - i. Identify funding for Screen Time Challenges
 - ii. Complete policy updates
 - iii. Notify Custodial Staff, Special Education, about Brain Break Day
 - iv. Host Brain Break Day on 2/18
 - b. Next Meeting
 - i. TBD February or March 2026

