

**Mahtomedi Public Schools**  
**Independent School District #832**  
**1520 Mahtomedi Avenue**  
**Mahtomedi, MN 55115**

**Special Meeting/Study Session - Board of Education**

**Date:** September 24, 2015

---

**Agenda Item #4. B.**

---

**TOPIC:** Student Support Update – Promoting Health and Wellness for All

**BACKGROUND:** One of the broad goal areas is – Increasing awareness of behaviors that promote health and wellness to ensure movement toward a healthy lifestyle. This presentation will give the Board and Community an idea of the initiatives that are happening in the District to help support this goal area. We have changed staffing structures and added different committees to help us gather data for a baseline measurement which will be used to set goals in the future.

**PURPOSE OF PRESENTATION:** The purpose of this presentation is to provide the Board and community with an overview of how we are supporting healthy lifestyle choices and supporting mental health strategies to reduce stress and anxiety at OHA, Middle School, High School and Districtwide.

**LEARNING OBJECTIVE:** As a result of this presentation, the Board will have an understanding of the structure and supports we have in place for increasing awareness of behaviors that promote health and wellness.

**ACTION RECOMMENDED:** Is this item for Approval or Discussion Only.

---

**Submitted By:**

**Concurrence By:**



---

Name

Director of Teaching and Learning  
Title



---

**Dr. Mark Larson**  
**Superintendent of Schools**