

Wellness Committee Meeting Minutes

Thursday, May 26th, 2022

Invited Guests: Amanda Showalter (Parent / Food Service Employee), Meicol Henrriquez (Student), Peggy Bosse (Board Member), Chris Huster (Board Member), Leslie Karle (School Nurse), Julie Dydo (School Nurse), Stace Orso (Assistant Superintendent), Joe Donnellon (PE Teacher), Callen Fowler (PE Teacher), Brandon Cooper (Health Teacher), Brianna Listerman (Food Service Supervisor), Jake Snyder (Communications Director)

1. Review District Wellness Policy

- a. Reviewed the District's Wellness Policy. All agreed that the policy currently reflects our school district and wellness needs.

2. Complete Healthy Schools Assessment

- a. We completed the Health Schools Assessment together. The Healthy Schools Assessment is part of the Alliance for a Healthier Generation and really helped us to analyze our current practices and set wellness goals for the 2022/2023 school year.

3. Set District Wellness Goals for 2022/2023

- a. After completing the Healthy Schools Assessment, we decided on our main goal for the 2022/2023 school year. We would like the nutrition services staff to increase the number of ways they collaborate with teachers to reinforce nutrition education lessons taught in the classroom. They can do this by completing three or more of the following:
 - i. Participating in design and implementation of nutrition programs
 - ii. Display educational and information materials that reinforce classrooms lessons
 - iii. Provide food for use in classroom nutrition education lessons
 - iv. Provide ideas for classroom nutrition education lessons
 - v. Teach lessons or give presentations to students
 - vi. Tasking party in collaboration with classroom teacher
 - vii. Presentation on nutrition and food services to PTO
 - viii. Sports nutrition - collaboration with coaches
 - ix. Classroom tour of cafeteria or meet and greet with School Nutrition Staff