

Student Wellness Committee Meeting

5/2/23

Attending: Karyn Richmond, Heather, Kathy Walker, Barb Waara

KW: The updated Student Wellness Policy went to the Board.

Triennial assessment was done just before Covid, then the WellSat assessment was done - about 3 years ago.

WellSat compares our policy to the perfect policy.

The results of the triennial assessment is on the website.

How does it rate against WellSat? Are we enforcing what we have in our policy?

We have 3 HS's now, are the following the policy?

We wanted to put the policy in a video for students. Patti has video software that turns the program into a cartoon but then came Covid.

At PPA & WS we are offering after school snacks for free. We should offer more fresh fruit. The health dept. Said they have to be washed & bagged. CH got a grant to provide after school snacks.

H: SPARC does snacks for secondary schools. We've moved to mostly Nutri-Grain bars. Fresh fruit would be best. What can we do next year? SPARC also does go-gurt. We have purchased fridges for that.

KW: Fundraising can be done for 2 weeks, twice a year per club. According to Board Policy all items should have labels and be wrapped - nothing from home. There is supposed to be one person in charge of fundraisers at each school. School stores were checked during last review and weren't in compliance. We got that taken care of before our last review from DPI.

Put policy info into Sunday night newsletter that goes out to Leadership each week.

Snacks, vending machines, fund raisers, etc.

Send policies out to new principals.

What can be sold (Healthy Snacks) and what can't

Can't withhold physical activity or food as punishment

Develop a report for principals and parents with summaries regarding birthday treats and celebrations. Doesn't have to be food.

Hopefully we can get Allison on the committee. She can't come on Mondays & Tuesdays. Deb Brown maybe?

Karyn is looking for people to join.

KR: Vision for next year - hopefully a rep for every building, community representation. P. Simon from PAC is willing to serve. Bank of SP willing to serve.

We want to write grants and apply for awards - need nutrition dept. Info. WI School Health Program & Coaching Award. End of Feb. application date. Alison gets the emails on this.

We need students on the committee. I'm willing to work with principals on that. Hoping for EHS, WHS, PPA reps in the fall.

Parents, student community, school board members. Plan is to merge with the Wellness Committee.

First agenda item will be reviewing current policy. I use very detailed agendas and the meetings run smoothly.

Communicate in multiple ways, little tips every week. Remind staff and leaders that we should be doing these things.

Meet again in 3 weeks. Kathy will send out info. Work on WellSat and Triennial assessment.

H: I am available to help out over the summer if needed.