

Laramie County School District #2

Food Service

Wellness Advisory Committee Agenda

Meeting Date: 4/24/2024

Meeting Called to Order: 2:30 PM

Number of Guests: 5

Committee Members in Attendance:

Heather Lerwick, Secretary; Amber Morgan, FS Director; Kelsey Stark, Nurse; Brittany Dudley, Parent; Angela GoForth, Boys and Girls Club;

Approval of Past Minutes

Old Business:

1. What year was the last assessment of the wellness policy and progress towards goals shared with the public?
 - a. July 2017 was last Policy updated
 - b. Last Wellness Mtg 2/18/2022- all shared on website

New Business:

1. Any proposed regulatory changes that require policy revisions?
 - a. Amber has some proposed changes that she will get to Heather but will wait to bring those changes to the board until the new FS Director is on board since Amber is leaving the district.
2. Any proposed changes to required goals?
 - a. Goal 1: Hold 1 prevention training in the district each year.
 - i. Would like to keep this goal. Will reach out to the Superintendent about training. Hosted a suicide prevention training last year.
 - b. Goal 2: Have a 10% participation rate across the district for the LCSD2 Wellness Screening
 - i. Need to get the numbers updated on the website. Would like to continue this goal.
 - c. Goal 3: Increase lunch participation by 10%
 - i. This failed- would like to try again. Heather is sending out a Meal Report card to the students. We will look at this and see how we can make changes.

- d. We would like to add three new goals for the students in the district.
 - i. We also would like to have a district wide walkathon to support wellness. Will have a meeting at the beginning of the 24-25 school year to implement.
 - ii. We would like to create a Student Wellness Survey to understand the overall health of our district. Ms. GoForth is going to see if she can find a template to start this survey in 2024-25. We would like to see a 90% participation rate across the district.
 - iii. We would like to host a step challenge in January for Staff. Will also talk about this at the beginning of 24-25.

Task Force Break Outs

1. Update school/district progress towards each goal area
 - a. Summary from Nutrition Team
 - i. Amber thinks it would be a good idea to start a Facebook page to show pictures of food, menus and FFVP fun facts.
 - ii. Would like to get permission to put a Wellness bulletin board in each school. Update it monthly.
 - b. Summary from Physical Activity Team
 - i. No Members present
 - c. Summary from Other Teams
 - i. Nurse- Participation in blood draws, wellness screenings and flu shots were a little higher this year.
 - ii. Boys and Girls Club- Numbers in this program are holding pretty steady with 30/day at BES and 20/day at PBES after school. The same numbers hold true on Friday as well.

Mtg Adj at 3:25 PM