

# **District Wellness Committee Meeting Agenda**

## **April 24, 2024**

### **WEAC**

#### **1. Welcome and Introductions**

- A. Purpose of Wellness Committee
- B. Review Synopsis of January 16th meeting
- C. Introductions: Patti Johnson, Rachel Ree, Bobbi Varichak

#### **2. District/Community Updates**

- A. District Health & Wellness (Patti Johnson)  
Collaborative connection with the Nursing Program (Ridgewater College) at the High School during lunch time regarding health topics for students on these issues: eating disorders, vaping, sexual health, mental health, sleep concerns, exercise and activity. Overall, positive feedback from the High School Students and the Nursing Program.
- B. Staff Wellness (Rachel Ree)  
Participation of the Staff for the 23-24 School Year: 290 participants in biometrics, over 1500 activities have been turned in by staff. May 17th is the deadline for employees to complete their activities.  
Upcoming for the 24-25 School Year - health insurance. Trial period for one year -partnering with Karvara on home care services:online virtual visits, home visits for certain types of care (i.e. strep tests or biometrics). Anyone in the household can be seen - even if they are not on the health insurance. This partnership will hopefully decrease cost to our current health provider. Our wellness dollars will be used for this service.
- C. SHIP Update - unable to attend (No Report)
- D. Food and Nutrition (Bobbi Varichak)  
Supply chain issue of our Milk vendor has been resolved. We currently have the availability of offering skim milk at Breakfast; therefore we are offering the choice of skim milk and 1% milk at breakfast (skim chocolate milk has been removed from breakfast).  
Minnesota Department of Education will be out in May 2024 reviewing our School Nutrition Programs.
- E. School/Site Level Updates  
Patty spoke with Carrie at the Middle School and High School to inquire about the nurses going into the Health classes for screening students for hearing and vision checks.  
Checking into the possibility of having a blood pressure cuff in the wellness room of each building to provide the opportunity of a private space for staff to take their blood pressure readings throughout the day.

### 3. Review of Policy 533 Wellness

<https://www.willmar.k12.mn.us/cms/lib/MN01909723/Centricity/Domain/461/533%20Wellness.pdf>

#### A. Read/Discuss V and VI (Standards and Nutrition Guidelines)

Policy sections were read. Committee members were clear on the intent and no changes were made.

#### B. Ideas brought forward from the committee members on resources on healthy treats or non-food items for parents and teacher education.

Patty brought a list of ideas from Crossroads Academy Healthy Classroom snack ideas (see attached sheet)

Table this till next time with more committee members for input.

### 4. Upcoming Meetings/Times

#### A. October 22, 2024