

Wellness Committee
October 30, 2024

1. Welcome / Introductions
 - a. All Members introduced themselves and their role in district
 - i. Chris Schiffert - Assistant Superintendent
 - ii. Cathy Muto - Metz - Food service Manager
 - iii. Christa Christine - Food Service WCSD
 - iv. Katherine DeSalva - MS Teacher
 - v. Mary Bellamy - MS Teacher
 - vi. Stephanie Simock - MS Teacher
 - vii. Diane Eraifeg - Zephyr Nurse
 - viii. Sarah Hirschman - Zephyr Teacher
 - ix. Austin Berg - Gockley Teacher
 - x. Logan Kendy - (Absent) - HS Counselor
2. Sign In - Record time on time sheet
 - a. Members needing hours were instructed to submit on building timesheet
3. Secretary Needed - S. Simock agreed to keep general notes, C. Schiffert will ensure minutes are posted to Food Service page
4. [October 2023 Minutes](#) - Reviewed and approved
5. Review of [Policy 246](#) - School Wellness policy was reviewed by team
6. Review of [Policy 808](#) - Food Services policy was reviewed by team. (Cathy Muto will send a list of foods that can be purchased through Metz Food Services.)
7. [Wellness Policy Assessment 2023](#) - Wellness Assessment was reviewed, and it was determined that new assessment will be required for 2026
8. General review of [Webpage](#) - Team reviewed webpage. It was determined that the P-EBT information was no longer necessary. Dave Stauffer will remove
9. New Ideas / Goals
 - a. 10,000 steps challenge (6 weeks April-May)
 - b. Healthy Eating Habits - post foods, recipes and apps that staff can use (Google Doc feature) Simock/Bellamy will work with Stauffer

- c. Classes / staff opportunities
- a. Gratitude card “payment” for complimentary breakfast - (Possibly looking at March inservice day) - Schiffert will follow up with group at next meeting.

10. Need reps from Steckel and HS - Logan Kendy will represent HS, she was absent from meeting. Schiffert will reach out to Steckel nurse to see if she is interested in representing.

11. Next meeting will take place Jan/Feb