

District Wellness Committee Meeting Agenda
October 24, 2024
Time: 3:30 - 4:30 pm
WEAC

Attendees: Patti Johnson, Bobbi Varichak

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)

*Fully staffed.

*Vision and hearing screening is finished and starting to get referrals out.

*Restructuring with the department this year. Melissa Wilson oversees Nursing as part of her role.

B. Staff Wellness (Rachel Ree - unable to attend)

*The Staff Wellness Committee is going to be hosting our kick-off meeting on Tuesday, November 12th at 3:45 in the Middle School Multi-Purpose Room. We will be brainstorming ideas as to activities and ideas for inspiring staff wellness along with planning out future meetings.

*Kavira (our newest staff benefit for folks enrolled in the district's health plan) is a home health/tele-health provider that offers general health care at little to no cost over the phone, via text, or in person in the comforts of your own home. The benefit was made possible by utilizing wellness dollars this year and from feedback that we are receiving from staff who have used Kavira has been quite positive. Folks have been very pleased with the level of service along with the ease and convenience. We are looking forward to hearing more feedback and also to see cost savings for our staff while utilizing the benefit.

C. SHIP Update - unable to attend

Here is a link to the new Farm to Kids Plan: [Farm to Kids Strategic Plan](#)

D. Food and Nutrition (Bobbi Varichak)

* Staffing - Open positions, Subs, Interviews

* Farm to School-Sept. 13th - Fair Day, Potatoes - colorful, Great Apple Crunch, Mini Peppers, Baked Potato Bar

* FFVP - Tomatills, Bok Choy, Mango, Kale, Rutabaga (videos)

* Cultural additions - Pupusas, Tamales, Sambosa, Cortido Slaw (Karen inspired dishes)

*Danaca is meeting with Willmar Food Access Group

E. School/Site Level Updates

*Conferences are coming up for the Elementary

*M.S. is having their 2nd Conference tonight (Oct. 21st & 24th)

*High School Conferences was done 2 weeks ago (Oct. 7th)

3. Review of Policy 533 Wellness - **Table this till next time with more members for input**

<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

Healthy fundraiser ideas: **Table this till next time with more committee members for input**

<https://www1.nyc.gov/assets/doh/downloads/pdf/cdp/fantastic-fund-hs.pdf>

[Healthy Fundraising - Action for Healthy Kids](#)

Healthy classroom celebrations:

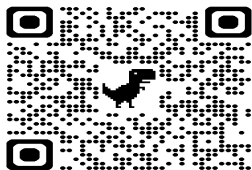
<http://www.greeleyschools.org/cms/lib2/CO01001723/Centricity/Domain/3682/HKC%20Classroom%20Party%20Book.pdf>

http://cspinet.org/new/pdf/healthy_school_celebrations.pdf

[Birthdays-Celebrations-and-Family-Events-ENG.pdf \(actionforhealthykids.org\)](#)

Alliance for a Healthier Generation - website offers resources, which require a log in, Below is one that I linked with a QR Code for members to view. Examples, such as: Sample Student Survey: Non-Food Rewards, Celebrations that Support Child Health - plan fun and healthy celebrations for students, HealthyWays to Reward Kids (without food), Plan a Healthy Valentine's Day, and Kid-Friendly Charcuterie Snack Board Recipe.

Alliance for a Healthier Generation: QR Code has list of Healthy Snacks & Beverage Ideas



4. Upcoming Meetings/Times

A. **Thursday, February 6, 2025**