

## NREHG Wellness Committee MINUTES

November 25, 2019

2:00 pm

New Richland Board Room

Committee Goal: Discuss the development, implementation, and periodic review and update of the wellness policy (533: Wellness).

Committee Members: Members: Carrie Petsinger, Beth Schoenrock, John Schultz, Lonna Broitzman, Ginger Raimann, Brooke Krohn, Dave Bunn, Doug Anderson, Karen Flatness, Kyra Possin, Megan Kirby, Mary Urch

Members Attending: David Bunn, Beth Schoenrock, Dale Carlson, Doug Anderson, Karen Flatness, Virginia Raimann, Lonna Broitzman, Megan Kirby, Terri Rau, Mary Urch, Carrie Petsinger

In depth review of current policy:

Current Membership: Members were reviewed. The current policy has student members who have graduated. Students were asked to participate and no students were interested in participating. Will continue to discuss options for student involvement.

A review of the current policy by section was completed.

### a. Wellness Goals

- 1) Nutrition Promotion and Education – discussion regarding the nineteen healthy topics and metrics used to determine how we are progressing on these topics. The Triennial assessment (discussed below) is the required review of the policy.
- 2) Physical Activity – National walk and Bike to school week has not been stressed or participated in previously. Safe routes to school has not been advertised. New Richland uses crossing guards after school.
- 3) Communication with Parents – newsletters to families at the beginning of the school year, student handbook, policy on website.

### b. Standards and Nutrition Guidelines

- 1) School Meals – under School Meals, point #3 – rewording of statement including adding in water bottle filling stations.
- 2) School Food Service Program/Personnel
- 3) Competitive Foods and Beverages – Discussion about School Aged Care (SAC) and confirmed it complies with USDA standards.
- 4) Other Foods and Beverages Made Available to Students - links to healthy snacks on the website(completed on 2/21/2020), discussion about elementary using food as rewards by teachers. A reminder will be sent out to staff regarding use of food as rewards. This was completed on 12/5/2019 by Carrie Petsinger.

- 5) Food and Beverage Marketing in Schools - discussed options of fundraisers that are healthy or do not involve food.

c. Wellness Leadership and Community Involvement

- 1) Wellness Coordinator
- 2) Public Involvement – The meeting agenda, minutes, and times will be placed on the new website.

d. Policy Implementation and Monitoring

- 1) Implementation and Publication
- 2) Annual Reporting
- 3) Triennial Assessment – planned to be completed spring or fall of 2020.
- 4) Recordkeeping

e. Other Activities that Promote Student Wellness

- 1) Community – Addition of community partners
- 2) Staff Wellness – change the district staff participation to activities that are current

These changes and additions to the policy will be reviewed by the wellness committee and presented to the school board to review once the triennial assessment is completed.

Dates were set for the remainder of the school year meetings:

Feb 24th

May 4th

Meeting Adjourned