

Wellness Committee Meeting

April 25, 2022

2:30 - 3:30

Location: Fraser Idea Lab

Agenda

1. Purpose / Introductions
2. Review [Wellness Policy](#) / Administrative Guidelines
 - a. What did you: Learn? Like? Question?
3. District Wellness Efforts
 - a. Covid Procedures
 - b. Step Challenge
4. Other

Attended:

Sara Delgado
Dan Hartley
Kristi Skladanowski
Sam Argiri
Allison Serr
Bev Belzyt

Did Not Attend:

Steven Norgrove
Linda Corbat
Kristin Ledford
Renee Lienau

Minutes:

- Purpose / Introductions - Staff members present introduce themselves to the group.
- Review [Wellness Policy](#) / Administrative Guidelines
Members Present were given a paper copy of the wellness policy and asked to read through it commenting: What did you: Learn? Like? Question?
Discussion: Participants talked through each page of the wellness policy and shared things that they learned and had questions about. Elements that were discussed included compliance with nutrition and physical activity laws. Discussion on why we do

things the way we do in terms of snacks, school stores, fundraisers, and our culinary programs.

The committee is recommending 2 additions/edits to the plan. Adding the word “mental” in addition to “physical health.” And on letter D, Page 3, including language about exempted fundraisers.

- District Wellness Efforts

- Covid Procedures

Communication regarding Covid 19 - The district created a system of communication to staff, students, and families regarding the spread of Covid 19. These communications changed as guidelines from the health department have changed. For the year, we communicated over 1000 positive cases. All of this is documented on our website.

At Home Testing Programs - We are proud of the fact that we held an onsite testing clinic for staff and students throughout the 2021-22 school year. As supply became available, we shifted to providing families with at home tests.

- Step Challenge

This was our 4th annual step challenge. This promoted steps, healthy recipes, and videos promoting healthy living. We had strong participation from district staff. Cash prizes are raffled for all teams participating.

- Other

- Question was asked on how food service can partner with Heart classes as part of the “Heart Challenge” or Jump Rope for Heart to promote healthier snacks? This is something we could look into.
 - Allison will attend Principals’ meeting in August to remind of exempt fundraisers and discuss school day snack/treat guidelines.
 - During the step challenge, food service could offer a healthy cooking class.
 - Looking for business partnerships so we can give bigger prizes.
 - Next meeting will be scheduled for October 2022.