



2025-2026 Local Wellness Committee Agenda
Thursday, September 11, 2025, 12:00 p.m. – 1:00 p.m.
CCUA School House
1769 W Ash St Columbia, MO

Call to Order

Attendance in person-Heather McArthur, Billy Polansky, Stephanie Wightman, Robin Gammon, Laina Fullum, Dana Jones, Liz Harrison, Tracy Grant, Jeanne Snodgrass, Jennifer Maddox
Zoom-Kelly George, Lara Wakefield, Leigh Spence

Old/Unfinished Business

- Committee Member Updates
 - Updated on vending machine contract. Going well
- Wellness Policy update
 - Bridget will be taking Policy ADF to the policy committee to change one line by adding "In addition, the district will encourage Smart Snacks standards with all foods and beverages provide..."
- Indoor Recess Carts Grant update
 - Award grant from CPS Foundation to purchase indoor recess carts for 5 schools. Will assess effectiveness at end of year to attempt to get more funding
 - Liz H said MCPHF has money to purchase items and gave 3 options for committee to discuss; one opinion was to purchase one item to maximize amount of classrooms
- Fundraising Guidelines and other educational handouts
 - Bridget went over new educational handouts that were created-Alternatives to Withholding Recess, Non Food Rewards, and Fundraising Guidelines
 - Liz discussed talking with local grocery stores to label Smart Snacks. Also discussed creating a list of food options in community that meet Smart Snacks for fundraising events

New Business

- America's Healthiest Schools award
 - Bridget discussed having some schools apply for subcategories to get recognized for the work they are doing. Dana and Bridget will be visiting St. Louis Public Schools to learn how they implement their Healthy Schools project.
- DWC Membership
 - Discussed mission of the DWC and why we all serve on the committee. Discussed voices that are missing and how to get those voices without having to invite more to committee. Bridget is talking with clubs at high school level. Dr. Klein has Student Advisory Council. Teacher nominations for Focus Groups to discuss wellness. Douglass has mini blocks and Leigh said to reach out to Anna McMillan to discuss
 - Other voices that could be missing are SpEd representative, PHHS Health Educator, administrator
- Employee Wellness Expo
 - Dana Jones discussed dates, vendors, and screenings that will be offered. Staff flu shots will be given this year. Calendar being made. StepTember step challenge is going on now. Recap of The Final Countdown was given
 - Billy discussed Farmer's market offerings such as flu shots and employee wellness program. Will connect Bridget with Corrina
- Student representative on committee-student wellness ambassadors
 - Discussed in DWC Membership section



Action Items

-review Triennial Assessment goals

Can't make it in person? Join Zoom link

<https://cpsk12.zoom.us/j/97280167325>

Meeting ID: 972 8016 7325

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