Wellness Committee Meeting

October 14, 2025 - 3 PM

- Welcome / Introductions
    - Renee Sallit- Assistant Superintendent
    - Cathy Muto- Metz- Food Service Manager
    - Christa Christine- Food Service WCSD
    - Katherine DeSalva- MS Teacher
    - Stephanie Simock- MS Teacher
    - Diane Eraifeg- Zephyr Nurse
    - Logan Kendy- HS Counselor
    - Shaza Henshaw- Steckel Nurse

- Sent timesheets to Renee

- Review of Policy 246- School Wellness policy was reviewed by the team

- Wellness Policy Assessment 2025: The wellness assessment was reviewed. Will be on Nthe ovember Committee Meeting for review

- Review Events from last year
    - Shout-outs at the picnic
        - Received over 70 shout-outs
        - It was great – would be even better at the stadium
    - 10,000 Steps Challenge
        - Everything went really well
        - Prizes were great
        - No changes for 2026

- Building Olympics - possibility in late Spring
    - Committee in support of such an event
    - The committee would help plan

- Wellness Professional Learning Day - March 2, 2025
    - Brainstormed multiple providers to contact
    - The committee offered to reach out to agencies if needed

Next Meeting - March 2026