

District Wellness Committee Meeting Agenda

Tuesday, May 6, 2025

Location: Willmar High School – Room [Media]

Time: 3:00 PM

Attendees: Rachel Ree, Pam Vruwink, Bobbi Varichak, Patti Johnson

I. Welcome and Introductions

- Committee Member Introductions
- Special Welcome: **HOSA Student Group- Not attending**
- Overview of the District Wellness Committee: Who we are and what we do

II. Student-Focused

- **Student Wellness Reflections**
What wellness means to students in their daily school lives

Will continue to try to recruit HS students for the committee. HOSA chose not to participate.

IV. District and Community Wellness Updates

Time Permitting, Reports Will Be Shared From:

A. District Health & Wellness – Patti Johnson

Not a lot to report on wellness as nursing has been my world. Wrapping up the year in the buildings. Getting reminders out to parents for fall immunizations, picking of meds. We just finished a kinder round-up in the 3 buildings. Finally filled our MS nurse position. Continue to have continuous visitors to the health offices with random viral things. Nursing will be restructuring for the 25-26 school year - no updates on that yet.

B. Staff Wellness – Rachel Ree

Wrap up a challenge in April. Good responses - excited about the prizes. Drawing will be notified next week in Cardinal Essentials.

Overall challenge will May 20th will be announced. Patti, Pam and building staff will help. October is the goal.

Purchasing prizes next year. Tons of prizes-pickleball nets, etc. filled a room.

Brainstorm more ideas of little or a lot.

Decline in participation due to no monetary incentive.

Kavira - will continue into next year. Huge response to participation. Ease of use.

Biometrics through Kavira 34-38 participated at each location.

C. SHIP (Statewide Health Improvement Program) – Brittany Schmalz (unable to attend)

D. Community Ed. Services - Pam Vruwink

No Report.

E. Food and Nutrition Services – Bobbi Varichak

Ramadan meals were done at the MS with numbers of 17 breakfast and 8 lunches. Looking at reducing sodium in meals, specifically mac & cheese and ranch dressing (homemade). Also looking at sodium in breakfast cereals and yogurt and increasing protein. New menu items tried recently were Tikka Masala, Philly beef sandwich - very positive results and feedback. Kennedy and Lakeland are piloting a new model for breakfast in the classroom (3-5 grades) - students pick up breakfast bags in the hall, enter PIN, and take meals to the classroom before the start of the day.

F. Student Services-Melissa Wilson

Absent - no update given

V. 25-26 SY Wellness Committee Meeting Propose Dates:

- Thursday, October 23, 2025
- Tuesday, January 20, 2026
- Tuesday, April 21, 2026