

District Wellness Committee Meeting Agenda
October 21, 2025
WEAC - Leedom Room 3:30-4:30pm

I. Welcome and Introductions

- A. Bobbi Varichak, Danaca Jensen, Rachel Ree

II. Triennial Assessment Refresher

- A. What is it
1. Review of Wellness Policy and Communications of Work
 2. UDSA/MDE Requirement
- B. How often is it done: 3 years
- C. Last Triennial Assessment: 2022-2023 School Year. See last assessment [here](#)
- D. New Triennial Assessment [Document](#)

III. WellSat 3.0

- A. What it is
1. See scorecard from 2022-2023 school year [here](#)
- B. Who will do it
- C. Next Steps
1. Have WellSat 3.0 done and available or January 20, 2026 Meeting
- D. New WellSat Test <https://www.wellsat.org/home>

IV. Review of Policy vs Practice (start today)

- A. Nutrition Promotion & Education
1. Under General Statement of Policy “A”: Need to revise language stating “the school district and board recognizations the importance of nutrition promotion and education, physical activity, and other school based activities that promote student wellness are essential components of the educational proces.....” The district will promote nutrition and physical education in manner that meets state requirements and in a manner that the district deems appropriate.
 - 2.
- B. Physical Activity
- C. School-Based Activities
- D. Standards & Nutrition Guidelines for Foods and Beverages
1. Need to remove policy language RE breakfast PK-8th grade at no charge.
 2. Add language that all students PK-12th will be provided breakfast at no charge (indicate the MN legislation # with this)

3. Add- when referencing breakfast, be specific with "School Breakfast Program"
4. Add language regarding MNFSM
5. Add language regarding unpaid meal balances- all children will receive one reimbursable breakfast and lunch per day regardless of account balance. See Policy 534.
6. Add generic language regarding the availability of applications for educational benefits and how they will be shared with families (online/paper & sent out annually near beginning of school year).
7. Update language on the "before and after care" section to say "Food and Beverages sold to students in these settings must";
8. Update language on the "before and after care" section to say "Food and Beverages served to students in these settings are encouraged to follow USDA";
9. Update IV A.1. Add "All foods and beverages sold/served on school campuses during the school day will meet USDA nutrition standards for school meals."
- E. Competitive Foods & Beverages **Done- no changes**
- F. Other Foods Available (non-sold, e.g., parties, snacks, celebrations) **-Done- no changes**
- G. Marketing & Advertising (Smart Snacks compliance) **Done- no changes**

V. Wellness Committee Roles & Experts

- A. Help Identify where our district stands with policy vs practice
- B. COnnnections to experts
- C. Policy Revisions as Needed

VI. Follow Up Items/Goals

- A. Action items and deadlines
 1. Complete Policy Vs Practice by January 20, 2026
 2. Complete Well Sat scorecard by January 20, 2026
 3. **Provide drafted new policy to committee by January 20, 2026**
- B. Upcoming Meetings: January 20, 2026, April 21, 2026
- C. Goal: Have full Triennial Assessment, WellSat 3.0, and Policy Revisions completed by April 21 meeting
- D. School Board Presentation (Danaca & Bobbi) of Wellness Committee update
- E. Last Meeting Requests and Follow Up Action Items
 1. Peach jar for volunteers to K-5 Parents (drafted)
 2. Bobbi & Patti to work on cardinal essential communication/training items
 3. Google form for teachers regarding support needed ([review](#)) (kept private for now until we approve form)

VII. Discussion

