

## **District Wellness Committee Meeting Agenda**

Thursday, February 6, 2025

WEAC Resource Room 3:30pm

- **Welcome and Introductions**

Attendees: Patti Johnson, Rachel Ree, Danaca Jensen, Melissa Wilson, Bobbi Varichak

- **Prior Meeting Notes and Follow Up Items**

- **District/Community Updates**

*District Health & Wellness (Patti Johnson)*

- No report submission required for influenza impact. Lakeland and Roosevelt schools reached the 10% threshold of influenza cases.
- Attendance trends indicate an increase in influenza cases following Winter Break.
- Noted decrease in High School student meal participation; possible factors include influenza, PSEO schedules, or weight loss for sports/prom. Contact the counselors for further insights.
- Letters to be sent out for immunization updates:
  - Incoming 7th and 12th graders
  - Incoming Kindergarten students

### **Staff Wellness (Rachel Ree)**

Staff Wellness participation declining due to the lack of financial incentives.

- Kavira services receiving positive feedback from staff and families. Convenient scheduling, same-day appointments, and mobile imaging are appreciated. No reported complaints.
- Biometrics screenings scheduled for March and April at four locations:
  - A. Senior High
  - B. Middle School
  - C. Lakeland
  - D. Kennedy

### **SHIP (Brittany Schmalz)- No report**

---

## **Food and Nutrition (Bobbi Varichak/Danaca Jensen)**

- Staffing updates:
  - A. Three open positions (High School, Middle School, Roosevelt).
  - B. Overall staffing is better compared to last year.
- Ramadan Meal Program:
  - A. Notifications will be sent to families about meal sign-ups for fasting students.
  - B. Eligible students can receive one breakfast and one lunch to take home.
- Summer Food Service Program:
  - A. Dance is currently working on Summer Food Service Program - locations under review to reach more students in need.
- New menu ideas and taste testing:
  - A. Tiki Masala with Naan Bread (High School taste test 2/10).
  - B. Tamales, Pupusas—expanding student meal options.
- Food Access Planning: Collaboration with food shelves to enhance community food access.
- Breakfast Program Changes:
  - A. Upcoming reduction of added sugars in yogurts and cereals.
  - B. Further reductions in other breakfast items pending USDA implementation date.
  - C. Manufacturers adapting to new sugar regulations with alternative additives.
- High School Second-Chance Breakfast:
  - A. Four mobile units serve 300-400+ students daily in a short period of time.

## **School/Site Level Updates (Patti Johnson)**

Concerns brought up regarding the increase in emails regarding carb counts happening at schools.

Middle School concern - Carbohydrate counts are provided promptly with changes. Is it due to supply issues?

FNS will be working closely with the Head Cook.

Additional Support planned for the Middle School Head Cook.

## Student Services (Melissa Wilson)

- Staffing Needs:
  - 14 paraprofessionals needed district-wide.
  - 1 nurse needed at the Middle School.
- Mental Health Concerns:
  - High demand for mental health services.
  - Social workers handling family dynamics, legal issues, CPS cases, and truancy interventions.
  - Truancy is a greater issue at the Middle School level.
  - Information given by Melissa that research indicates that 50% of lifelong mental health conditions develop by the age of 14.
- TBRI (Trauma-Based Relational Intervention) Training:
  - One in-person session in November.
  - Additional virtual training sessions planned.
- **Review of Policy 533 Wellness -**

<https://www.willmar.k12.mn.us/cms/lib/MN01909723/Centricity/Domain/461/533%20Wellness.pdf>

**Fix the verbage:** WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT A. Wellness Coordinator 1. The superintendent will designate a school district official to oversee the school district's wellness-related activities (Assistant Director of Food and Nutrition). The **Nutrition Coordinator** (needs to be changed to Wellness Coordinator) will ensure that each school implements the policy. 2. The principal of each school, or a designated school official on the Wellness Committee, will ensure compliance within the school and will report to the Wellness Coordinator regarding compliance matters upon request.

Public Involvement 1. The Wellness Coordinator will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy. 2. The Wellness Coordinator will hold meetings, from time to time, for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy. All meeting dates and times will be posted on the school district's media sources and will be open to the public.

\*Create a blurb in in Cardinal Essential (like we currently are doing in Healthy Newsletter) reaching out to families to participate in the Wellness Committee (meet 3x/year).

\*Get parents onboard- Use of Peachjar, school newsletter and ask for volunteers.

#### Discussion:

Bring the discussion to the WHS student council/advisory/committee.

We could have our next meeting at the High School at the end of the day (3:00 p.m.)

Reach out to Nick - which group at the High School to reach out to: advisory/committee. Ask them to join. Patty will reach out to Nick to find out which students would be interested.

Bobbi will reach out to the office at the WSH for a meeting with students.

#### Discussion regarding our Last Triennial Assessment:

From our last triennial assessment went well - USDA, the heavy assessment on certain areas. Section 4 is PhyEd is ranked low - Danaca did reach out to the PhyEd teachers. Have someone in the building will help tremendously during the assessment. Melissa will assist with the assessment - her expertise in the area.

#### A. Read/Discuss V and VI (Standards and Nutrition Guidelines).

- Cardinal Essentials - discuss having someone put information in for resources for parents and teachers (this was in our fall notes to circle back with wellness members).
- Discuss resources on healthy treats or non-food items for parents and teacher education.
- Healthy fundraiser ideas: Input from committee members on ideas:
  - a) <https://www1.nyc.gov/assets/doh/downloads/pdf/cdp/fantastic-fund-hs.pdf>
  - b) *Healthy Fundraising - Action for Healthy Kids*

#### B. Healthy classroom celebrations:

- <http://www.greeleyschools.org/cms/lib2/CO01001723/Centricity/Domain/3682/HKC%20Classroom%20Party%20Book.pdf>
- [http://cspinet.org/new/pdf/healthy\\_school\\_celebrations.pdf](http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)
- [Birthdays-Celebrations-and-Family-Events-ENG.pdf \(actionforhealthykids.org\)](#)
- Alliance for a Healthier Generation - *website offers resources, which require a log in, Below is one that I linked with a QR Code for members to view. Examples, such as: Sample Student Survey: Non-Food Rewards, Celebrations that Support Child Health - plan fun and healthy celebrations for students, HealthyWays to Reward Kids (without food), Plan a Healthy Valentine's Day, and Kid-Friendly Charcuterie Snack Boar Recipe.*

■ **Alliance for a Healthier Generation:** QR Code has list of Healthy



Snacks & Beverage Ideas

\*Everything must be pre-package for classroom.

\*Danaca showed a Healthy Classroom Rewards - freedom aspect or choices for the kids. Concerns - golden ticket at Lakeland but Melissa Wilson does it at Lakeland.

\*Brittney team - can come out with resources about what is candy vs. vape. What is out there and how to spot.

In Cardinal Essential what should we address for families - Mental Health, Nutrition, Classroom ideas for treats, Health:

1. Utilize Cardinal Essentials and have a Google survey - reaching out to families on what they want help with. We can use this information to move forward to help students and families.

- Upcoming Meetings/Times

A. Tuesday, May 6, 2025 (TBD) 3:00 pm at the High School

Follow-up: Patti will check with Nick at the High School. Bobbi check location at the HS for our next meeting.

Nutrition Department will work on the Canva

Patti will work on the Peachjar

Google forms will be shared by Danaca