



FOOD SERVICE DEPARTMENT

Karah Smith, Supervisor

**Wellness Committee Meeting Minutes
Google Meet
January 20, 2026**

1. Welcome: Karah Smith opened the meeting at 4:00pm.

Roll Call: Brian Dorion, Sarah Plasters, Jerry Rainey, Sarah Mcgraw-Thimmes, Karah Smith

Discussion Items:

2. Review of Meeting Minutes from 02.24.2025

- 3. Tressel Team Fitness Challenge** – Brian Dorion presented on a program that was started at Thomas Ewing and General Sherman. The Tressel Team Fitness Challenge is a program that allows students to pick an area of fitness that they want to focus on. The fitness challenge is about smart goal setting which focuses on five areas such as cardio, strength, flexibility, nutrition, and sleep. Students receive workbooks to complete on their own and they can choose preselected options for activities/goals in each area or create their own. There are areas in the workbook at each section for self-reflection on goals/activities. There are 3 levels, bronze, silver, and gold. If the students complete the challenge during the required time frame, they move to the next level.

The fall program ran from September-December. It was a 90 day program in 30 day segments. The students had 30 days to complete each goal in order to move on. Thomas Ewing started out with 102 students in the program, but only 50 made it to the Gold level. Gorsuch West started with 150 and only 4 finished at the Gold level. Round 2 starts in February and they are running a 10 day program instead of 30 days.

- 4. Whole Milk For Healthy Kids Act 2025** – Karah Smith shared information about the new law that was signed. On Wednesday, January 14, 2026, the President signed into law: S. 222, the “Whole Milk for Healthy Kids Act of 2025,” which modifies the requirements for milk provided by schools participating in the National School Lunch Program.

- a. **NEW!** Expanded Fluid Milk Option and Requirements for School Lunch: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program (NSLP): On January 14, 2026, President Donald J. Trump signed into law the Whole Milk for Healthy Kids Act of 2025. Effective immediately, [Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program: SP01-2026](#) clarifies schools participating in the NSLP may offer students at lunch the following fluid milk options. The memo does not address breakfast milk options.
- b. At *lunch*, schools may offer whole, reduced-fat, low-fat, and fat-free fluid milk and lactose-free fluid milk, and nondairy beverages that are nutritionally equivalent to fluid milk. Milk may be



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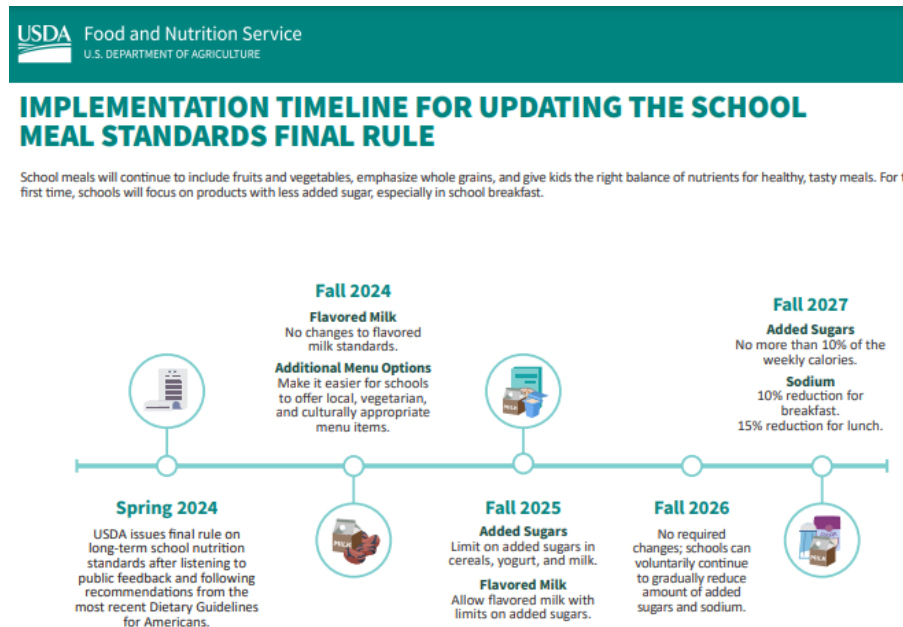
unflavored or flavored, with flavored milk containing no more than 10 grams of added sugars per 8 fluid ounces.

- c. The memo further addresses schools opportunity to offer nondairy beverages to all students if it meets nutrition requirements, milk being excluded from the saturated fat limits for lunch, and parent or guardian opportunity to ask for milk substitutions in disability situations. The Office will provide updates to this guidance as received from the USDA. Contact your Education Program Specialist with questions.

- 5. **USDA Food Pyramid** – Karah Smith briefly discussed the changes to the 2025–2030 Dietary Guidelines. The guidelines introduce an inverted food pyramid that prioritizes nutrient-dense, whole foods, specifically placing protein, dairy, and healthy fats at the top (largest portion), followed by fruits and vegetables, and whole grains at the base. Released on January 7, 2026, the guidance emphasizes reducing highly processed foods and added sugars.

The SBP/NSLP is waiting for more guidance as to what this means for how they will operate.

- 6. Karah Smith showed the implementation timeline for updating the school meal standards final rule.



- 7. **Mental and Emotional Wellness of Students** – Karah Smith shared some statistics regarding screen time for students and their mental health.

- a. Screen Time
 - i. Ages 5-8 – 3.5 hours
 - ii. Tweens (8-12) – 4.5-5.5 hours
 - iii. Teens (13-18) – 7.5-8.5+ hours



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iv. College Students – 8.5-14.3 hours (includes study)

1. On average – Students spend 70 minutes per day on smartphones during school hours
2. Recreational vs. Total Use – limit for 2 hours, but real world data show that most teen students spend half of their waking hours on screens.
3. Primary Activities – Social Media (Instagram, Tiktok, Snapchat), video streaming, and gaming – which means most of the screen time is non educational

Karah also shared that the CDC highlights that 50.4% of teenagers exceed 4 hours of daily screen time. The ones that do are twice as likely to experience symptoms of anxiety and depression.

There are many ways to manage screen related stress.

- ◆ Digital Resilience Training – Rather than simple bans, schools are teaching students to recognize their own emotional responses to online content and set personal boundaries.
- ◆ The 20-20-20 Rule – To reduce physical and mental fatigue, students are encouraged to look 20 feet away for 20 seconds every 20 minutes.
- ◆ Digital Detox Rituals – Intentional “resets,” such as power-down hours before bed or screen-free lunch zones, are being implemented to help students’ nervous systems recover from continuous digital stimulation.
- ◆ Active vs. Passive Use: Wellness programs emphasize the difference between “active” engagement (educational) and “passive” scrolling, with the latter more strongly linked to negative mental health.

8. Next Meeting Date: May 12, 2026 @ 4:00pm (Google Meet)

9. Adjournment: 4:30 PM