

Wellness Committee Meeting
Tuesday, October 7, 2025
District Office / In-Person & Zoom
3:45 p.m.



AGENDA

1. Introductions
2. Goal of the Wellness Committee
3. Upcoming Work - Triennial Assessment
4. State Healthwide Improvement Partnership (SHIP) Grants
5. Other - Action steps for the next meeting

Notes:

- Discussed the Wellness Committee overall goal to prioritize not only physical, but also mental health and wellbeing for students, staff, and the community
- Reviewed the Triennial Assessment which is meant to ensure that school wellness policies are compliant with federal regulations and aligned with goals for student health and nutrition
- Talked about WellSat which is a tool to score wellness policies and rate practices.
 - Step 1: Complete the WellSAT Policy
 - **Step 2: Complete the WellSAT Practice (Goal for next meeting is to be at Step 2)**
 - Step 3: Compare Scores and Summarize
 - Step 4: Share Your Assessment Report
- Discussed the State Healthwide Improvement Plan Grant (SHIP) Funding Opportunities
 - Allotted up to \$12,000 if applicable
 - October 31 deadline to submit applications
- Action Steps
 - Come back with 3 Wellness ideas

Next Meeting – Tuesday, December 2

Attendees:

Chad Sexauer
Tracy Lutt
Ben Peine
Gretchen Birkholz
Charity Gaisbauer
Gail Anderson