SCHOOL DISTRICT OF HOLMEN
SCHOOL BOARD COMMITTEE MEETING NOTES
WELLNESS COMMITTEE
Wednesday, November 5, 2025 3:45 p.m.
Frederic D. Frick Administrative Center
Boardroom
1019 McHugh Road
Holmen, Wisconsin 54636

01. CALL TO ORDER

02. ROLL CALL & NOTICE OF QUORUM

Committee members present were Maggie Smith, Dr. Kristin Mueller, Paula Barlow, Kari Delong, Jen Dienger Hanson, Karis Dylhoff, Kim Edwards, Emily Franzen, Mike Gasper, Ben Johrendt, Melissa Kaatz, Dawn Shea, and Sarah Thompson. Absent were Melanie Carpenter, Erica Haight, and Tiphany Kokott. Also in attendance were Travis Judell and Jennifer Dieck. Stacy Lockington was in attendance as notetaker.

03. APPROVAL OF AGENDA

The agenda was approved by consensus.

04. PUBLIC PARTICIPATION

No one addressed the committee.

05. INTRODUCTIONS

06. COMMITTEE MEETING DATES FOR 2025-26

The next Wellness Committee meeting is scheduled for March 4, 2026. A meeting is also scheduled for May 6, 2026, if the committee needs to meet.

07. COMMITTEE PURPOSE

The purpose of the Wellness Committee is to assess, review and implement the Wellness policy to create a culture of health and well-being in the district. The committee approved the purpose as presented, by consensus.

08. COMMITTEE NORMS

M. Smith reviewed norms for the committee. The committee approved the norms as presented by consensus.

09. APPROVAL OF PRIOR MEETING NOTES

9.1 April 2, 2025 Committee Notes

The April 2, 2025 Wellness Committee Notes were approved, by consensus.

10. POLICY REVIEW

10.1 po 8510 Wellness

The committee reviewed Board policy 8510 Wellness. The committee thoroughly reviewed and updated this policy last year. Neola's only update suggestion was to the following in Item J of the Nutrition Education section: "The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of competitive foods ~~with minimal nutritious value~~."

Director of Nutrition Services Mike Gasper clarified that the verbiage explains a statutory requirement that Nutrition Services cannot sell foods that do not comply with school meal nutrition standards as a means to make money. Because it is already required by statute, Mike opted for not including Item J in the policy. M. Smith suggested that since the District is in compliance and the revision does not change practice, the revision could be adopted to keep the policy more consistent with the Neola.

The consensus of the committee is to approve the revisions to po 8510 Wellness as presented.

10.2 2025-26 Goals

M. Smith shared minimum requirements from the DPI for school district wellness programs are to include goals addressing areas of 1) nutrition education, 2) nutrition promotion, 3) physical activities, and 4) other school-based activities that support wellness.

Goals - The committee determined by consensus to set the following goals.

- Repository: Create an online wellness resource repository, suggesting a catchy name such as"Healthy Minds Healthy Bodies," to provide a central location for families, staff, and students to access information on nutrition education, nutrition promotion, physical activities, and other activities that support wellness (including safety). The repository would include headers of various wellness topics to organize the information. A draft of the repository will be completed for review at the March 4, 2026 Wellness Committee meeting.
- SNAC: Maintain current Student Nutrition Advisory Committees for 2025-26

Wellness Resource Repository

- The repository would tie in aspects of nutrition education, nutrition promotion, physical activity, and other school-based activities that support wellness.
- Sources for information
    - Resources teachers are already using or have created. (i.e., Emily's winter bingo card and Kari's newsletter)
    - Community resources (i.e., Holmen Area Community Center)
    - Resources shared by HHS Student Services
    - Student-created resources
- Possible headers/topics of the repository
    - Ideas for non-food celebrations and incentives
    - What is the Wellness Committee - Information on the committee and how to join/attend meetings
    - Family activities - physical activity and other non-digital activities
    - Smart Snack Calculator
    - Wellness in the home. (includes snack ideas for families, other ways to engage)
    - Contact information for local resources
    - Contact information for local organizations (Holmen Area Community Center, BGC, YMCA, etc)
    - Stress and work-life balance
    - Brain and mindfulness breaks/activities
    - Safety: e-bikes, ATV use, helmets
    - Safe Routes to Schools (This resource would have to be updated with the District's new walking zones.)
- Details of the repository
    - This would be a public facing webpage on the District website.
    - One possible name suggested for the page is "Healthy Minds Healthy Bodies."
    - The repository would be made as low maintenance as possible in that few updates would have to be made throughout the year. Most information included would be valid for the school year or longer.
    - The resource document would be kept open so items could be added as new resources are discovered.
- Communication/Engagement
    - A subcommittee is NOT needed to discuss how to communicate the repository.
    - The repository will be on the new District website.
    - The repository can be linked to school and District newsletters.
- Next steps
    - Committee members should send any resources they have or find to Travis Judell by February 4, 2026.

Fundraisers: From the input received at last year's Wellness Committee meetings, District administration completed a review of the fundraiser process and made several updates. The process flows through the High School Activities Director Jason Lulloff. The process is much improved to be more streamlined and trackable, with greater oversight in the approval process. Committee members agreed there is no further work for the committee to address regarding fundraisers at this time.

Student Nutrition Advisory Committees (SNAC): SNAC has been in District schools for many years. Currently, committees are active in all elementary schools, but not in the middle or high schools. SNAC members provide input on school menus, help distribute food at school picnics, and are able to sample foods, often before they are on the menu for all students.

Wellness Committee members discussed setting a goal of having an active SNAC in all schools, but with the newly remodeled spaces, it was determined that this goal will be postponed.

The lack of participation in SNAC at the middle and high schools was discussed. Both kitchens have recently been remodeled and students are no longer able to tour vendor facilities such as Reinhart due to vendor policies. Additionally, the District does not currently have as many participants in programs that would provide student-raised meat to the District. Student participation in raising meat could increase with the continued growth of the Agscience department.

The student representatives on the committee will ask the Student Council for suggestions on how to motivate high school and middle school students to join their school's SNAC chapter and bring back information to the March meeting. One incentive is food samples provided during some meetings.

11. CLARIFY/REVIEW ACTIONS & DISCUSSION

11.1 Next Meeting Date: March 4, 2026

The Wellness Committee approved two goals by consensus: 1) the development of a wellness resource repository and 2) to maintain current Student Nutrition Advisory Committees for 2025-26

Action Steps:

- All committee members will send resources for the repository to Travis Judell by February 4, 2026.
- Travis will create a webpage for Healthy Minds Healthy Bodies to present at the March Wellness meeting.
- Student representatives will bring back to the March Wellness meeting feedback from the Student Council on how to motivate students to participate in SNAC at the high and middle schools.

12. ADJOURNMENT

The November 5, 2025 Wellness Committee meeting adjourned at 4:37 pm.