

District Wellness Committee Meeting Agenda

January 20, 2026

Time: 3:30 - 4:30 pm

WEAC-Leedom Room

I. Welcome and Introductions

A. Attendees: **Danaca Jensen, Bobbi Varichak, Joy Wohlin Oman**

II. WellSat 3.0 Results

Policy Reviewed: District Wellness Policy 533

Policy reviewed based on policy language and practical implementation.

Federal Requirement (FR) scoring explained:

N/A = Not Applicable

0 = not addressed

1 = included but not specific

2 = included and strong

Key discussion areas included classroom foods, policy accessibility, nutrition services, nutrition education, physical education, family engagement, recess, and employee wellness.

III. Policy Changes

A. Review Recommended changes

Notes were added to the Section of Physical Activity and Education regarding teachers to give a non-food reward.

Policy 533 Section III, C - #3. Update to add: Not to withhold physical education as a punishment.

Policy 533 Section III, C - #6, LakeLand - principal confirms non-food rewards, such as Dance Party in the room, Extra Recess, Play with Preschool, Play a game with a friend.

Policy 533 Section III, C -#7. Updated to Add school district offers daily recess for all elementary students and must not withhold recess from elementary students per MN Statute 121a.611

Track changing with all these policies.

Secondary schools have more classes to help elevate their knowledge regarding nutrition.

The district's Wellness Policy allows flexibility and reflects current positive practices.

In Section IV, Standards and Nutrition Guidelines #9. Regarding time for students to eat lunch. Time studies are being completed by the Director of Food

Service and the data showed, the first student receives 17-19 minutes, the last student has 7-11 minutes of time to eat - depending on the menu.

B. Make Additional Changes As Needed

*Double check FR3 because it appears to be marked as weak.

*Add to Section III - #4 regarding credentials and professional standards for PhyEd Teachers

IV. Triennial Assessment

A. Refresher - done every 3 years

B. Requirements USDA/MDE

C. Triennial Assessment 2025-2026

V. Next Meeting

A. April 21, 2026 3:30pm

We will finalize the information and bring it to the next meeting. This will be presented to the School board (Date TBD).

Nursing Report:

*According to the American Academy of Pediatrics, students age 16 and under should consume no more than 100 mg of caffeine per day, and students age 18 and older no more than 200 mg per day. Nursing staff have observed an increase in student consumption of caffeinated beverages.

*Concussions: Increase student awareness regarding concussions and prevention strategies.

*Course for CNA for 18 students. 30 hours of knowledge, tests, pass by 80%. Have this done once a year but will try to find grants to help support. Fundraisers to help support the CNA program.

*Diabetic Support group at the MS - just started. See if Danaca or myself come talk about food and nutrition. In addition, ask diabetic teachers to come in and talk to the students/family.

*Flu and Strep are still going on with students.

Food and Nutrition Report:

*Under USDA guidelines, added sugars at breakfast and lunch must not exceed 10% of total weekly calories, beginning July 1, 2027.

*The department is monitoring how food manufacturers reduce added sugars and whether artificial sweeteners are being used.

*Sodium reduction requirements are forthcoming; recipe adjustments and standardization efforts are underway. New sodium reductions begin July 1, 2027.