



## FOX C-6 SCHOOL DISTRICT Wellness Committee Meeting

**Date:** January 29, 2025  
**Time:** 3:30-4:30 p.m.  
**Location:** FSC Training Room  
**Facilitator:** Dr. Cardona/Wellness Committee Members



| Topic                                   | Information                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Welcome & Introductions                 | The meeting was called to order at 3:34 p.m. Kim Schumacher, Director of Nursing, welcomed everyone in attendance and introductions were made.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Public Comments                         | No comments                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Review/Discuss District Wellness Policy | <p>The committee reviewed district Policy ADF which is set by MSBA.</p> <p>The committee reviewed district Policy <a href="#">ADF-1-AP(1): DISTRICT WELLNESS PROGRAM - (K-12 Districts)</a>. It was determined that we will make adjustments to the following item: <i>(items with a strikethrough will be removed. Items highlighted in yellow with red font will be added based on approval from the committee. )</i></p> <p><b>Physical Activity</b></p> <p><del>Offering weight training to middle school students two days a week that will take place at each high school.</del> <b>Offering physical fitness opportunities for middle school students that encourage physical fitness, teamwork and healthy habits.</b></p> <p><b>Social-Emotional Learning and Wellness</b></p> <p><b>1.</b> <del>Refer students and families as needed to the Fox C-6 Mental Health Coalition, or Gontrea.</del> <b>Fox C-6 Wellness Partnerships.</b></p> |

### UPCOMING DATES:

Next meeting: TBD-2025-2026 School Year

Location: TBD

|                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                   | <p><b>Family Involvement</b></p> <p>Working with families to provide consistent sun safety information that includes an overview of the district's sun safety <del>program</del> <b>tips</b>, an explanation of how parents/guardians can reinforce the program at home: <del>and how they can become involved with and support the district's program</del></p> <p><b>Sun Safety</b></p> <p>"Sun safety" describes a range of behaviors that include wearing appropriate clothing, applying sunscreen and limiting sun exposure. <del>The sun safety program will focus on outdoor behavior and will be developmentally appropriate, active, engaging and taught in lessons that emphasize the benefits of sun safety. Sun safety education will be designed to assist students with:</del></p> <ol style="list-style-type: none"> <li><del>1. Knowledge about the harmful effects of the sun and ways to protect skin.</del></li> <li><del>2. Sun safe skills, including the correct use of protective clothing, hats, sunglasses, sunscreen and lip balm as well as seeking shade and limiting sun exposure when possible and practical during the hours of peak sun intensity.</del></li> <li><del>3. Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals</del></li> </ol> |
| Wellness Policy Background        | <p>The following links were provided to the background of the Wellness Policy.</p> <p><a href="#">Local School Wellness Policy</a></p> <p><a href="#">Additional information</a></p> <p><a href="#">Local Wellness Policy Resources</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Food Service Update               | No update at this time.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Tri-Annual Assessment             | This year we have to complete our tri-annual assessment of our Wellness Program. The committee felt comfortable moving forward to complete the assessment at the time of the meeting.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Review building wellness programs | <p>The following links were provided as each of our building wellness program offerings.</p> <p>The district Wellness Partnerships were also provided.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

#### UPCOMING DATES:

Next meeting: TBD-2025-2026 School Year

Location: TBD

|                           |                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Recommendations/Questions | <p>Jamie Willis will make the necessary suggestions and send them to the committee for recommendation. Once we have the final recommendation, Dr. Cardona will provide our Board of Education with a presentation and update on our Wellness Program and the policy will then be updated.</p> <p>We will meet again in the 2025-2026 school. The meeting adjourned at 4:28 p.m.</p> |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Attendees:**

Dr. Tammy Cardona-Assistant Superintendent-Secondary  
 Jamie Willis-Administrative Assistant-meeting minutes  
 Kim Schumacher-Director of Nursing  
 Kaila Odenwald, Interim Director of Food Service  
 Jessi Dennis-Assistant Director of Food Service  
 April Moeckel-Board Member  
 Scott Leuthauser-FHS Athletic Director  
 Dr. Pat Schwalbe-SMS Principal  
 Brint Tinker-FHS Teacher  
 Jeannie Hueter, Rockport Building Principal

**UPCOMING DATES:**

Next meeting: TBD-2025-2026 School Year  
 Location: TBD