

SAU # 93

District Wellness Committee

March 24, 2026 / 3:30 - 4:15 PM / Wilcox Building

ATTENDEES

Jody Bates (Co-Chair, Nurse)

Beth Cox (Director of the Nutrition Department/Parent)

Meagan Brousseau (Admin Assistant of Nutrition/Parent)

Chris Czifrik (Director of Technology)

Janel Morin (Business Administrator)

Jennifer Strimbeck (School Board) via Zoom

AGENDA

Meeting Called to order @ 3:30pm

Last Meeting Follow-up

1. Minutes of May 13, 2025 reviewed and accepted - motion by Jody, 2nd by Chris

New Business

- Appoint a Secretary for the Wellness Committee - Jody volunteered to do this.
- Reviewed who should be invited to the District Wellness Committee
 - Erin Condap
 - Guidance Counselors
 - Administrators -
 - Principals
- Triennial Assessment Year Goals and Objectives
 - This is a Requirement for our SNLP & SBP
 - 2025/2026 is the year of our Triennial Assessment.
 - Last Triennial was done in 2022/2023
- Steps to perform Triennial Assessments:
 - Public Notification Posted - needs to be presented to the public that we are performing an assessment this school year.

- Beth made a flyer to be put on the MRSD website. It will also be sent out via Alma, and via school newsletters. [Wellness Flyer.pdf](#)
 - Review the Current Wellness Policy JLCF Last Revised July 18, 2023 [Wellness Policy.pdf](#)
 - Perform Assessment WellSAT or Alliance for a Healthier Generation.
 - WellSAT - this tool is a guide for how well our district follows our policy and where we need to improve.
 - Attain information from Principals and Superintendent of School or Assistant Superintendent who oversees our Curriculum
 - Gather data and policy suggestions for District Policy Committee and School Board Members if our current policy needs updating based on our committee research and assessment tool results.
- Public or Committee Comments?
 - Short discussion on new federal nutrition guidelines

ACTION ITEMS

- Prior to the next committee meeting members are to review the current policy and note any areas where we have questions or thoughts

NEXT Meeting: Tuesday, April 21, 2026 at 3:30pm @ Wilcox Building

AGENDA

- Public comments
- Review Policy with comments from members
- Start WellSAT Assessment

Meeting adjourned at 4:15pm