

# **Wellness Committee Meeting**

## **May 15, 2024**

### **Meeting Minutes**

Attendees: Tyler Green, Mike McNeff, Jeff Stewart, Missy Lowman, Sheila Olson, Jen Bartsch, Travis Risovi, Mandy McNeff, Sam Wentz, Jason Gullickson

#### Nutrition Education Goals:

1. Do Students in grades K-12 receive nutrition education that teaches the skills necessary to adopt healthy eating habits?
2. Do students receive consistent nutrition messages throughout the school?
3. Does district health education curriculum standards and guidelines include both nutrition and physical education?

#### Committee Response:

- K-6 students receive fresh fruits/veggies 2-3 times per week.
- Healthy drink choices training by the nurse/counselor.
- Health education integrated into Physical Education during Health Week.
- Health class provided to grades 8-9 and some nutrition discussion in Phy Ed electives for grades 9-12.
- Action: Add messaging on healthy snacks to the school website and registration packets. Discuss this at the next faculty meeting.

#### Physical Fitness Goals:

1. Students are given the opportunity for physical activity during the school day in addition to physical education classes, (i.e., daily recess, classroom activities, etc.)
2. Students are given the opportunity for physical activity through a range of before and/or after school programs?

#### Committee Response:

- K-6 students have daily recess and additional physical activities.
- Grades 7-9 have SRB Fitness participation.
- Optional physical activity for grades 10-12.
- Action: Explore expanding the mental health walk and encouraging female participation in Phy Ed courses.

#### Nutrition Goals:

1. USDA guidelines set for food and beverages in the food service program are being followed?
2. Guidelines set for food and beverages sold to students outside of the food service program are being followed?

#### Committee Response:

- USDA guidelines are followed in the food service program.

- Action: Reduce the time the bubbler machine is turned on to limit student caffeine intake.

#### Other School-Based Activities to Promote Student Wellness:

1. Does the school provide a clean and safe environment for students and staff?
2. Do students have access to free drinking water throughout the school day?
3. Does the school district have a health professional or counselor available to students?

#### Committee Response:

- The school provides a clean and safe environment.
- Free drinking water access throughout the day.
- Health professional and counselor availability increased with the addition of a social worker and mental health counselor.
- Programs offered include Alive at 25 Defensive Driving, safeTALK Suicide Prevention, and Red Ribbon Week.

#### Discussion on Wellness Initiatives

- The committee discussed expanding wellness initiatives, particularly focusing on mental health and nutrition. Suggestions included:
  - Increasing mental health awareness activities.
  - Incorporating more nutrition education into the curriculum.
  - Enhancing communication about healthy snack options to parents and students.
  - Planning for the summer weightlifting program for grades 7-12.
  - Discussing ways to improve female participation in physical education and extracurricular fitness activities.

#### New Business

- The Wellness Committee developed the following goals for the 2024-2025 school year.
  - Goal #1: Increase female participation in physical education courses for grades 7-12.
  - Goal #2: Continue to increase NDPHIT member participation.
  - Goal #3: Improve the monitoring of competitive snack fundraisers and vending machines. Implement the Exempt Food Fundraiser tracking tool to meet USDA requirements and continue to educate families and students on healthy snacks for children.