

**Rugby Public School District #5
Annual Wellness Committee Meeting Minutes
May 13, 2026**

Members Present: Tyler Green, Travis Risovi, Mandy McNeff, Samantha Wentz, Jason Gullickson, Peggy Harmel, Jared Blikre, Sheila Pierson

Members Absent: Jeff Stewart, Jennifer Bartsch, Crystal Wangler

The Rugby Public School District #5 Wellness Committee met on May 13, 2026, to conduct the district's required review of the District Wellness Policy and complete the [Annual Wellness Assessment Tool](#). The meeting included discussion regarding physical activity, nutrition education, school wellness initiatives, food service practices, hydration standards, community partnerships, and areas for continued growth. The committee also reviewed progress made since the previous wellness review completed in 2024.

The committee reviewed the district wellness policy requirements, including physical activity goals, nutrition education, competitive food standards, hydration expectations, wellness promotion, and community involvement. Committee members discussed improvements implemented since the previous review cycle, including expanded hydration access through additional water fountains, implementation of SRB Fitness programming, expanded summer and after-school weight training opportunities, facility upgrades at Ely Elementary, and increased mental wellness initiatives and supports.

Discussion related to physical education and physical activity confirmed that students at all grade levels have regular opportunities for movement and wellness activities. Jennifer Bartsch provided follow-up information confirming that elementary students receive approximately 90 minutes of physical education instruction per week, daily recess opportunities, and regular fitness testing in grades 3–6 during the fall and spring. She also noted that elementary students frequently earn extra recess as a positive incentive and have access to numerous extracurricular sports opportunities, including basketball, volleyball, cross country, wrestling, and hockey.

Jeff Stewart provided additional information regarding secondary physical education programming. He confirmed that middle school students participate in physical education classes that include activity-based instruction and weight training opportunities. He also noted that high school students are required to complete one semester of physical education during their freshman year for graduation, while additional physical education and fitness electives are available throughout the school day. Mr. Stewart further highlighted before- and after-school opportunities through extracurricular athletics and after-school weightlifting programs.

The committee discussed measurable wellness and fitness practices already occurring within the district, including fitness testing, PACER testing, physical education power standards, and the planned return of elements of the Presidential Fitness Program. Staff also discussed the availability of multiple physical activity opportunities at the secondary level, including strength

training, personal fitness, SRB Fitness, and potential zero-hour fitness opportunities through future grant funding.

The committee reviewed district nutrition education efforts and noted that nutrition instruction occurs across multiple grade levels through classroom lessons, health classes, and physical education programming. Staff discussed nutrition education presentations provided by school personnel, including MyPlate lessons, Nutrition Bingo activities, and energy drink awareness presentations for students in grades 5–10. The Fresh Fruit and Vegetable Grant program at Ely Elementary was identified as a major strength, exposing students to a variety of fruits and vegetables twice weekly.

Food service staff reviewed current nutrition promotion practices, including Smarter Lunchroom strategies such as healthier food placement, salad bar access, and promotion of healthy meal choices through menus and signage. The committee also discussed the district's efforts to comply with Smart Snacks requirements and competitive food guidelines, while acknowledging that monitoring of food fundraisers and snack sales remains an area for continued attention.

Additional wellness initiatives and partnerships were reviewed during the meeting. Committee members highlighted partnerships with Heart of America Medical Center, Lake Region District Health Unit, and local organizations supporting student and staff wellness. Discussion included staff CPR training, cardiac emergency drills, elementary bicycle safety programming, mental health walks, access to school-based mental health therapy, and wellness-related guest speakers and educational opportunities.

The committee identified several strengths within the district's wellness programming, including:

- Fresh Fruit and Vegetable Grant programming at Ely Elementary
- Increased student participation in SRB Fitness and weight training programs
- Facility and playground improvements supporting physical activity
- Access to school-based mental health therapy and wellness supports
- Strong community partnerships supporting wellness initiatives
- Expanded extracurricular and physical activity opportunities for students
- Elementary fitness testing and physical education programming
- Increased usage of upgraded weight room facilities

The committee also identified several areas for improvement and future focus, including:

- Expanding staff wellness activities and staff participation opportunities
- Promoting healthier snack and beverage choices brought from home
- Increasing awareness of district wellness policies among staff and programs
- Monitoring competitive food sales and fundraiser compliance with wellness guidelines
- Increasing female participation in secondary physical education, fitness, and strength training opportunities

Based on the discussion and completion of the wellness assessment, the committee identified the following wellness goals moving forward:

1. Increase staff wellness programming and participation opportunities throughout the school year.
2. Continue promoting healthy snack and beverage choices through student and family education efforts.
3. Explore additional opportunities to increase female participation in secondary physical activity and strength training programs.
4. Continue reviewing competitive food sales, vending practices, and fundraiser compliance with district wellness guidelines and Smart Snacks requirements.
5. Improve staff awareness and accessibility of the district wellness policy and related procedures.

The meeting concluded with a commitment to continue reviewing district wellness practices annually and monitoring progress toward identified wellness goals throughout the upcoming school year.