

Hickman Mills C1 Wellness Committee
Meeting Minutes January 13, 2026

The meeting was brought to order by Dr Yolanda Cargile, Executive Director of student Services at 4:34 pm, in the old board room in the Baptiste Administration Center. Members in attendance: Patty Buckholz, RN (Lead nurse, Dobbs nurse), Richard Cusick (Ingels PE), Dana Ostertag (Ruskin PE), Megan Cadilla (Ruskin PE), Yolanda Cargile (Ex Director Student Services), Jonita Holmes (Compass, 1st grade), Tracy Ridgely, RN (John Sharp Early Childhood nurse), Donna Hoover (Director of Nutrition), Melody Holliday (HMMS music), April Cushing (Board of Education), Tenda Taylor (Compass, 3rd grade), Rochelle Harvey-Acker, LPN (Warford nurse), and Kirsten Ratterree (Benefits Analyst).

Committee Chair, Patty Buckholz, RN, welcomed everyone, introductions were made. The documents provided in print were highlighted: Agenda, Policy ADR: District Wellness Program, Administrative Procedure ADF-1-AP(1) District Wellness Program, Local Wellness Policy: Triennial Assessment Summary, and a Local Wellness Policy Checklist. Dr Cargile discussed some of the documents that were provided. Policy ADF and the ADF-1 were emphasized along with the Triennial Assessment.

Dr Cargile introduced Aline Bishazi, DESE RCCI Analyst, via zoom. Ms Bishazi reviewed the need for the wellness policies and practices relative to receiving USDA support. She reviewed the resources available on the DESE website. She briefly touched on the parameters common to wellness policies that DESE representatives will monitor, including posts on the district website for the triannual review and updates from meetings. She also emphasized that the policies need to be in practice in schools.

Dr Cargile stated that ideally the committee should have two meetings a year, one in the first semester to review goals, and one second semester to review to assess progress. This committee will probably not need all the meetings that were initially planned for this year.

Donna Hoover, Director of Nutrition Services, stated that the district follows the nutrition guidelines required for USDA reimbursement. She reviewed the basic requirements for meals, and including those that are served and those students may choose to take. She also explained that the district is considered 100% 'free and reduced', although only 89% of student qualify financially. When non-qualified students take a 'full' meal, our status is supported. Various methods of sharing nutrition information were discussed.

Ideas for health promotion were discussed. Kirsten Ratterree, Benefits Analyst, stated that she is working on some healthy initiatives to tie into district health insurance. Ruskin PE coaches Megan Cadilla and Dana Ostertag reviewed some wellness activities they offer including staff time before school in the gym and weight room. Rochelle Harvey-Acker, LPN, reviewed some of the Wellness Wednesday activities she conducts at Warford Elementary. Teachers from Compass Elementary, Jonita Holmes and Kenda Taylor, reviewed their Wellness Wednesday and Cheetah Lounge.

Dr Cargile asked for feedback from members, comments were positive. She also asked members to seek parent and student members for the committee. The next meeting will be February 10, in person, location to be determined.

The meeting adjourned at 5:49 pm.

Patty Buckholz, MSN, RN, NCSN
Wellness Committee Chairman

Hickman Mills C1 Wellness Committee
Meeting Minutes February 10, 2026

The meeting was brought to order by Patty Buckholz, RN, Wellness Committee Chair at 4:32 pm, in the library at Ruskin High School. Members in attendance: Patty Buckholz, RN (Lead nurse, Dobbs nurse), Richard Cusick (Ingels PE), Dana Ostertag (Ruskin PE), Megan Cadilla (Ruskin PE), Astry Funes (Ruskin, Student) April Cushing (Board of Education), LaPorscha Vaugh (Compass, teacher), Kenda Taylor (Compass, 3rd grade), Rochelle Harvey-Acker, LPN (Warford nurse), Leah Schmidt (grandparent) and Yolanda Cargile (Ex Director Student Services). Minutes of the previous meeting were available. Introductions were made.

The Physical Education teachers reported on activities offered in their department. Richard Cusick reported on elementary minutes for PE (average 1500 min/week), and the portions dedicated to instruction (8-10 min) versus activity (42-40 min) per class. He included information on their use of the Fitness Gram physical fitness tests that are reported to the state. Activities out side of PE include recess (average 22 min/day), classroom 'brain breaks' which might be physical, annual field day events for all grades. After school activities are limited due to gymnasiums being used by LINC.

High School PE was reported by Megan Cadilla and Dana Ostertag. They reported that they teach 1 credit for PE which emphasize moderate and low impact, with raising of heart rates to 75% and other parameters. They also teach ½ credit for Health. Both classes are required for graduation. Nine other classes are offered for elective credit. The minutes of physical activity have not been recorded, but the activities meet course requirements. They wondered if the 1 credit for PE and ½ credit for Health equal the 1.5 hours of PE listed in the policy. They also mentioned their efforts toward staff wellness.

Members broke into small groups and worked with the practice questions from the WellSAT 3.0. Each group picked one or two subject and compared the question to the district policy and the administrative directive. Members were encouraged to answer honestly and score each question; score sheets were collected. Dr Cargile will enter the data into the online WellSAT.

The meeting adjourned at 4:26 pm.

Patty Buckholz, MSN, RN, NCSN
Wellness Committee Chairman

Hickman Mills C1 Wellness Committee
Meeting Minutes March 10, 2026

The meeting was brought to order by Patty Buckholz, RN, Wellness Committee Chair at 4:32 pm, in the library at Ruskin High School. Members in attendance: Patty Buckholz, RN (Lead nurse, Dobbs nurse), Richard Cusick (Ingels PE), Donna Hoover (Director Nutrition Services), Dana Ostertag (Ruskin PE), Megan Cadilla (Ruskin PE), Kenda Taylor (Compass, 3rd grade), Melody Holliday (HMMS Music), Rochelle Harvey-Acker, LPN (Warford nurse), and Yolanda Cargile (Ex Director Student Services). Minutes of the previous meeting were available. Introductions were made.

The results of last meeting's WellSAT 3.0 inventories were compiled in the online WellSAT 3.0 assessment. Hickman Mills scored 86% overall and 61% strengths.

Committee members present were divided in elementary and secondary groups. Each group began processing school compliance using the CDC's Wellness Policy in Action Tool (WPAT). Each group progressed about 1/3-1/5 of the survey. Completion of the survey will continue at the next meeting.

The next meeting is scheduled for April 7, location to be determined.

The meeting adjourned at 5:30 pm.

Patty Buckholz, MSN, RN, NCSN
Wellness Committee Chairman

Hickman Mills C1 Wellness Committee

Meeting Minutes April 8, 2026

The meeting was called to order by Patty Buckholz, RN, Wellness Committee Chair at 4:30 pm, in the Ruskin High School library. Members in attendance: Melody Holliday (HMMS music), Megan Codilla (Ruskin PE), Danda Ostertag (Ruskin PE), April Cushing (Board of Education), Donna Hoover (Director of Nutrition), Kenda Taylor (Compass third grade), Yolanda Cargile (Exec Director Academic Services), and Patty Buckholz (Lead nurse, Dobbs nurse).

The first agenda item was to complete the online Wellness Policy in Action Tool (WPAT) inventory that was started at the March 10 meeting. Members were unable to access the WPAT, instead receiving a statement that "The Wellness Policy in Action Tool (WPAT) application has been decommissioned." Earlier Dr Cargile contacted the CDC helpdesk as advised, but the only reply was that the application was decommissioned. It is assumed the application has been permanently discontinued.

Dr Cargile will contact DESE to find out next steps since Hickman Mills started the WPAT in good faith, but it is no longer available.

The next meeting is tentatively scheduled for May 5, 2026. Dr Cargile will notify members if there is a change in the schedule.

The meeting adjourned at 4:38 pm.

Patty Buckholz, MSN, RN, NCSN

Wellness Committee Chairman

Hickman Mills C1 Wellness Committee

Meeting Minutes May 5, 2026

The meeting was called to order by Patty Buckholz, RN, Wellness Committee Chair at 4:35 PM, in the Ruskin High School Library. Members in attendance: Leah Schmidt (grandparent), Richard Cusick (Ingels PE), April Cushing (community), Kenda Taylor (Compass third grade), Yolanda Cargile (Exec Director Academic Services), LaPorscha Vaughn (Compass third grade), Rochelle Harvey-Acker (Warford nurse), Dana Ostertag (Ruskin PE), and Patty Buckholz (Lead nurse, Dobbs nurse).

Dr Cargile reviewed her discussions with DESE that the Wellness Policy in Action Tool (WPAT) was clearly decommissioned and no longer available. DESE encouraged the committee to review the information that was collected and to complete as much of the Local Wellness Policy: Triennial Assessment Summary as possible, including plans for next steps. Dr Cargile suggested that we start with small attainable goals and build on them. She also suggested that clear communication with principals would be very important.

Members brainstormed several ideas for possible starting goals such as: integrating some nutrition information into middle school PE, addressing vending machine signage, addressing high school vending machines operational times, increasing nutritional information posters near cafeteria serving areas, encouraging instructional coaches to work with inclusion of some nutrition information in both general academic and science areas, encouraging physical 'brain breaks' in class, partnering with community agencies (e.g. YMCA, Kansas City Health Department, Farmer Jane, KC Healthy Kids), working with the employee benefits department for wellness incentives, and devoting some amount of professional development to wellness.

There was consensus among members to work on goals related to:

1. Decreasing high school vending machine availability to students during meal serving time via timers on the machines
2. Increasing nutritional education in middle school through physical education classes
3. Encouraging "brain breaks" in classroom that include brief physical activity
4. Pursuing wellness incentives through district health insurance

The committee members agreed to that Dr Cargile will draft the Triennial Assessment Summary and will share it with the committee. There was also consensus among members to participate in the Wellness Committee next school year.

The meeting adjourned at 5:32.

Patty Buckholz, MSN, RN, NCSN

Wellness Committee Chairman