Wellness Committee Meeting Minutes
Google Meet
May 12, 2026

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1. **Welcome: Karah Smith opened the meeting at 4:00pm.**

   Roll Call: Brian Dorion, Sarah Plasters, Jerry Rainey, Sarah Mcgraw-Thimmes, Emily Schmelzer, Karah Smith

Discussion Items:

2. **Review of Meeting Minutes from 01.20.2026**
3. **Tressel Team Fitness Challenge –** Brian Dorion shared information from the Spring Tressel Fitness Challenge.
   - 3rd Grade students were added for the Spring session
   - Students worked in 10 day increments for each level
   - Increased flexibility on start/stop dates with teachers choosing any time between February through May
   - Students chose between five areas for creating SMART goals
   - Participation by students was voluntary
   - Gorsuch West had 108 students earn Bronze, 32 Silver, and 19 at the Gold level
   - Students completed 1 goal for Bronze in 10 days, then progressed to 3 goals for Silver in 10 days after completing a Bronze goal, and then finished with completing 5 goals in 10 days to earn the Gold certificate.

4. **Follow-Up on Whole Milk For Healthy Kids Act 2025 –** Karah Smith reviewed the Whole Milk for Healthy Kids Act of 2025 again. She shared nutritionals of the milk from United Dairy that the District serves. The District has more flexibility to serve different kinds of milk, but the nutritionals still have to be compliant for the week. Please see the nutritionals below:



Vitamin D Milk

Nutrition Facts
1 servings per container
Serving size 8oz (240mL)
Amount per serving
Calories 150
% Daily Value*
Total Fat 8g 10%
Saturated Fat 4.5g 23%
Trans Fat 0g
Cholesterol 25mg 8%
Sodium 105mg 5%
Total Carbohydrate 12g 4%
Dietary Fiber 0g 0%
Total Sugars 12g
Includes 0g Added Sugars 0%
Protein 8g
Vit. D 25% • Calcium 20%
Iron 0% • Potas. 6% • Vit. A 10%

INGREDIENTS: MILK, VITAMIN D3.
CONTAINS: MILK

2% Reduced Fat

Nutrition Facts
1 servings per container
Serving size 8oz (240mL)
Amount per serving
Calories 120
% Daily Value*
Total Fat 5g 6%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 20mg 7%
Sodium 115mg 5%
Total Carbohydrate 12g 4%
Dietary Fiber 0g 0%
Total Sugars 12g
Includes 0g Added Sugars 0%
Protein 8g
Vit. D 15% • Calcium 20%
Iron 0% • Vit. A 25% • Potass. 8%

INGREDIENTS: REDUCED FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.
CONTAINS: MILK

1% Low Fat Milk

Nutrition Facts
1 servings per container
Serving size 8oz (240mL)
Amount per serving
Calories 110
% Daily Value*
Total Fat 2.5g 3%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 15mg 5%
Sodium 125mg 5%
Total Carbohydrate 12g 4%
Dietary Fiber 0g 0%
Total Sugars 12g
Includes 0g Added Sugars 0%
Protein 8g
Vit. D 25% • Calcium 25%
Iron 0% • Potas. 8% • Vit. A 15%

INGREDIENTS: LOW FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.
CONTAINS: MILK

Fat Free Skim Milk

Nutrition Facts
1 servings per container
Serving size 8oz (240mL)
Amount per serving
Calories 80
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 5mg 2%
Sodium 100mg 5%
Total Carbohydrate 12g 4%
Dietary Fiber 0g 0%
Total Sugars 12g
Includes 0g Added Sugars 0%
Protein 8g
Vit. D 25% • Calcium 25%
Iron 0% • Potas. 8% • Vit. A 15%

INGREDIENTS: SKIM MILK, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.
CONTAINS: MILK

1% Low Fat Chocolate

Nutrition Facts
1 servings per container
Serving size 8oz (240mL)
Amount per serving
Calories 150
% Daily Value*
Total Fat 2.5g 3%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 180mg 8%
Total Carbohydrate 23g 8%
Dietary Fiber 0g 0%
Total Sugars 21g
Includes 10g Added Sugars 20%
Protein 8g

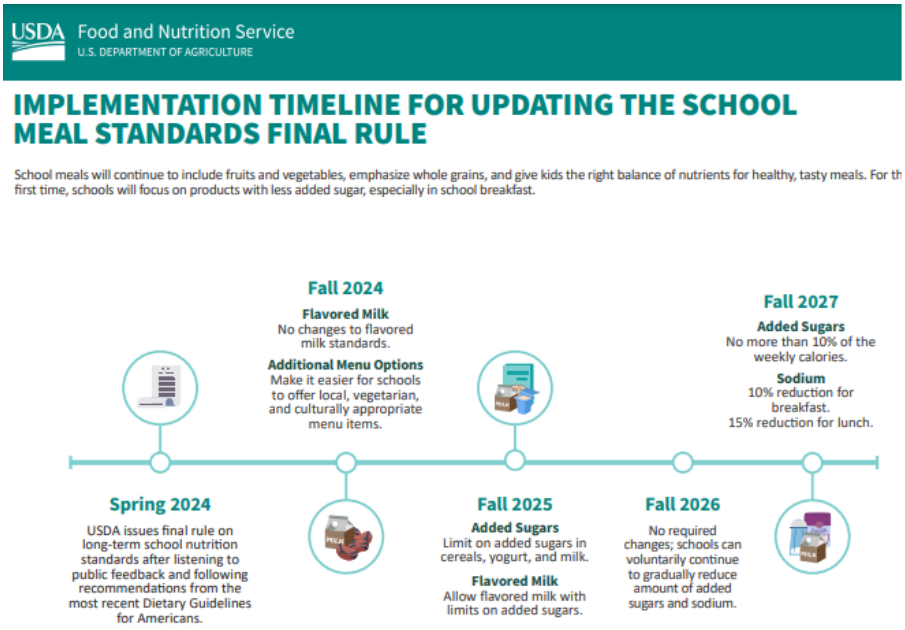
INGREDIENTS: LOW FAT MILK, SUGAR, CORN STARCH, COCOA (PROCESSED WITH ALKALI), SALT, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVORS, VITAMIN A PALMITATE, & VITAMIN D3.
CONTAINS: MILK

1% Low Fat Strawberry

Nutrition Facts
1 servings per container
Serving size 8oz (240mL)
Amount per serving
Calories 140
% Daily Value*
Total Fat 2.5g 3%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 115mg 5%
Total Carbohydrate 22g 8%
Dietary Fiber 0g 0%
Total Sugars 21g
Includes 10g Added Sugars 20%
Protein 8g

INGREDIENTS: LOW FAT MILK, SUGAR, GUAR GUM, MONO & DIGLYCERIDES, CARRAGEENAN, VEGETABLE JUICE COLOR, NATURAL AND ARTIFICIAL FLAVORS, VITAMIN A PALMITATE, & VITAMIN D3.
CONTAINS: MILK

5. Karah Smith showed the implementation timeline for updating the school meal standards final rule. The District has began removing items that are high in added sugars from the breakfast and lunch menus. Fall 2027 is the deadline to be compliant with added sugars and sodium.



6. **MCS Heartland MealViewer** - MealViewer provides digital menu boards and online, interactive menus for school cafeterias. It enables families to view daily breakfast and lunch options, nutritional details, and allergen information via a web browser or the MealViewer To Go app. It also features real-time updates and interactive tools like food ratings, favorites, and sometimes mobile ordering.

7. **Focus Areas for Ohio School Wellness Committees in 2026 –** Karah Smith shared the following items that will be focused on:
   - **a.** Implementing comprehensive mental health support
   - **b.** Mental Health & Safety: Implementing universal behavioral strategies, suicide prevention, trauma-informed practices, and crisis management.
   - c. 2025-2030 Dietary Guidelines
   - d. Nutrition and Physical Health: Adopting 2025–2030 Dietary Guidelines, including the new "inverted food pyramid" that prioritizes nutrient-dense, whole foods.
   - e. Trauma informed care
   - f. Preventative Education: Youth-led programming for substance use prevention, anti-bullying, digital wellness, and social drivers of health, often supported by grants.
   - g. Student-led prevention initiatives

h. Schools are also focusing on addressing student vaping and nicotine addiction, as well as developing peer support groups for younger students, as seen in Feb 2026 meeting records. [1]
i. ODE School Wellness - https://education.ohio.gov/Topics/Student-Supports/School-Wellness

8. **Next Meeting Date:** TBD

9. **Adjournment:** 4:25 PM