

Wellness Committee Building Reflection

Triennial Assessment 2025-2026

Elementary Goals

1. Goal:

Goal 1: Nutrition Education and Nutrition Promotion [Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.

Current Rating:

Partially Met/Fully Met

Next Steps:

- Continue nutritional education through food service and PE classes.
- Visual aids that support nutrition guidance.

2. Goal:

Goal 3: Other School-Based Wellness Activities [Schools will offer other school-based activities to support student health and wellness, including coordinated events and clubs.]

Current Rating:

Partially Met

Next Steps:

- Providing additional educational afterschool activities like Healthy Heart.
- Coordinate more food service and school based events to give students and families nutrition education.

Reflection

What progress have we made?

We are continuing to provide nutrition education through the Fresh fruits and vegetables program.

What challenges did we face?

Finding the time in the classroom to provide nutrition education and finding appropriate events outside the classroom.

What will we do differently next time?

We are going to work closely with our food service provider to coordinate and establish ongoing nutrition education events.

Secondary Goals

1. Goal:

Goal 1: Nutrition Education and Nutrition Promotion [Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.]

Current Rating:

Partially Met/Fully Met

Next Steps:

- Continue nutritional education through food service and health classes.
- Visual aids that support nutrition guidance.

2. Goal:

Nutrition Guidelines for Food Available During the School Day [Prohibit marketing during the school day of foods and beverages that do not meet the standards.]

Current Rating:

Partially Met

Next Steps:

- Communicating guidelines and procedures to meet the appropriate fundraising sales of food and beverages.
- Continue NSLP and SBP for nutrition-based items throughout the school day, avoiding unhealthy snacks, candy, and beverages as incentives or as alternate sales.

Reflection

What progress have we made?

We have made great progress with the types of healthy food options for our students and worked hard to build health and wellness programs that promote healthy lifestyles. Examples (Strength and conditioning, PE and Health)

What challenges did we face?

There are students that choose not to eat.

What will we do differently next time?

Continue to work towards our goals around nutrition education.

District Wellness Committee Meeting

4.27.26

3:30-4:30 P.M.

Meehan Elementary School

OUR MISSION

Cultivate academic success so that our students become lifelong learners, innovators and contributors to society.

OUR VALUES

Academic Achievement | Accountability | Collaborative & Inclusive Culture | Continuous Improvement
Diversity, Equity & Inclusion | Open & Transparent Communication | Resource & Financial Responsibility |
Service Excellence

Norms:

- Timeliness
- Be present, engaged, and willing to participate
- Utilize technology to support the team
- Collaborate and work together

Notetaker: Kara Graves

Check-in: Name, School, Position - any updates?

Park District Summer Camp, Scholarships

Boone County Drug Prevention Coalition - Screen Ager Project - Vaping Program

Items to Discuss:

- American Heart Association - Nina (rep)
 - \$673.43
- Triannual ISBE Report
 - Elementary Goals
 - Goal 1: Nutrition Education and Nutrition Promotion [Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.]
 - Goal 3: Other School-Based Wellness Activities [Schools will offer other school-based activities to support student health and wellness, including coordinated events and clubs.]
 - Secondary Goals
 - Goal 1: Nutrition Education and Nutrition Promotion [Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.]
 - Nutrition Guidelines for Food Available During the School Day [Prohibit marketing during the school day of foods and beverages that do not meet the standards.]