Walnut Grove Elementary: School Health Council

Tuesday, Sept 8th, 2026 3:15-4pm

The goal of this committee is to assure a school environment that promotes and protects health, well-being and the ability to learn by supporting healthy eating and physical activities for students and staff.

Attendance:

Angie Benson	Tyson Crosby	Derrick Jenniges	Kyle Jans
Marissa Wahl	Michele Freeburg	Rebecca Foster	Bree Nilius
Steph Doubler	Janet Bush	Ayan Mohamed	

Agenda Items:

Wellness Update Round Robin

- Healthy Eating

Michele is getting apples and melons but is looking for more growers to provide to her F2S program. She wrote the First Bite grant to cover specifically meat (bison or beef is planned) and honey, and has 3 years from award to spend it.

- Sanford Fit (January)
- Active Schools

YouTube Brain Breaks by Action for Healthy Kids
https://youtube.com/playlist?list=PLwi506gS6Fe6uU8_dOFwhDlDFkceRJfxn&si=sY8hCa4sDFw6lTSk

New K-8 Walk, Bike, Roll Safety- On My Way!:

- The Minnesota Department of Transportation has launched a new education program. On My Way! can help schools meet the state requirements for Active Transportation Safety Training Program (ATSTP). Students in grades K-2 learn safe walking skills, and in grades 3-8 the lessons expand to include biking safety skills. Check out this 4-minute introductory video and reach out to Korikori@saferoutespartnership.org or angela@bikemn.org for any technical assistance.

Bike/Walk/Roll to School Days- 2026/2027:

- Upcoming dates include: 10/7/2026
- Register your school event and get media to share with families at MN SRTS website

MN Safe Routes to Schools- Electric Bikes:

- Whether you're a caregiver planning a safer, more convenient way for your child to get to school or a student ready to transform first rides to longer commutes, e-bikes offer an additional active transportation option for many of our Minnesota youth. This resource page is here to support you from those first rides to confident, independent commutes.

Bike Alliance of Minnesota (BikeMN) E-Bike Resources:

- In Minnesota, you must be at least 15 years old to operate an E-Bike. The ease of achieving higher speeds and weight considerations are just some of the most obvious differences between e-bikes and "acoustic," "analog," or "traditional" bicycles. Learn more below. Learn about E-Bikes from the Bike Alliance of MN.
- Student/Staff Wellbeing

SW MN Credible Mind

Use Credible Mind to support mental wellbeing with local resources.

Next Meeting:

Sept 8th, 2026 • ~~Nov 10th, 2026~~ Nov 17th • Jan 12th, 2027 • March 9th, 2027

2026/2027 Planning/goals

Re-evaluate the Healthy Schools Assessment – Planned for Nov 17th

What would you like to see the School Health Council do this year?

Student health, healthy eating, physical activity, mental wellbeing, staff health, etc