District Wellness Committee Meeting Agenda

October 20, 2026

Time: 3:30 - 4:30 pm

WEAC-Leedom Room

I. Welcome and Introductions

A. Attendees: Rachel Ree, Danaca Jensen, Bobbi Varichak

II. District/Community Updates

A. District Health & Wellness (Joy Wohlin Oman-unable to attend, Danaca Jensen shared with committee information from Minnesota Department of Health)

i. MDH: Adverse Childhood Experience in Willmar Public School District: Risk and Protective factors from the 2025 MN Student Survey.

ii In line with the state average.

Iii. This data does affect the students' education.

iv. The document has been scanned for reference.

B. Staff Wellness (Rachel Ree)

a. Challenges have started

i. Focusing on more building based

ii. Apple Challenge

iii. Fall Scavenger Hunt

iv. Prize-Based vs VEBA/HSA

b. Kavira avaialble to staff through rest of the year

c. Open Enrollment for Health Insurance Starting in November

C. SHIP (Brittany Schmalz-unable to attend. Danaca shared some updates)

a. Monthly Newsletters to Schools and Organizations

i. Breastfeeding Coalition: Anytime, Anywhere

ii. Creating a Culture of Wellbeing Weekly Series

D. Food and Nutrition (Bobbi Varichak/Danaca Jensen)

a. New Role: Head Cook of Operations (Katie V)

b. April 2026: School Board presentation on triennial assessment.

i. Revised Policy will need to be reviewed and approved by the policy committee and school board

c. Farm to School

i. Lots of fun local purchases this year

ii. Hosted Farm to Kids Event with MDE/MDA on 10/13/26

d. Fresh Fruit and Vegetable Program

i. Lots of new items

ii. Nutrition Education required for program. Kids are liking the videos that teach them about their produce.

e. Professional Development
   i. Knife Skills, Food Safety, Cooking Instructions
   ii. Rolling out International Dysphasia Standardization Initiative (IDDSI)
   iii. Chef Support on new standardized scratch-cooking recipes

E. School/Site Updates
   a. Lakeland Trialing 30 minute meal periods
   b. Roosevelt is at 20 minute meal periods
   c. Kennedy is at 25 minute meal periods

III. Wellness Policy

A. Healthy fundraiser ideas
   a. FFA Fruit Sales
   b. Flower Arrangements
   c. Agricultural- plant sweet corn and fundraise
   d. FNS - Whole Chickens/Rotisserie Chicken
   e. Salt Bags
   f. Furnace Filters
   g. Plastic Cards- Local businesses participating - buy what you need and you get a discount or % of proceeds go to the program
   h. CTA - creations to sell
   i. https://www.healthiergeneration.org/app/resources/128
   j. Bobbi to create a list of ideas in canva; committee to review; post in peach jar staff-to-staff

B. Cardinal Essentials
   a. Rewards/Incentives
      i. Lakeland Reward Example mentioned
      ii. Bobbi to create ideas and canva- committee to review; post in peach jar staff-to-staff

IV. Upcoming Meetings/Times

January 26, 2027 & April 20, 2027