



Wellness Committee Minutes

November 16, 2017

Members Present: Dustin Vincent (MS Physical Ed. Teacher), Marianne Thole (Food Service Director), Candace Westlund (Licensed School Nurse), Leslie Chermak (parent), Lizzy Thierl (Student Representative), Scott Weispfennig (LS Physical Ed. Teacher), Anna Tiffany (US Physical Ed. Teacher)

Absent: Emma Klinzing (Student Representative), Kelly Gutierrez (COO), Jane McMullen (Community Member & Parent)

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Reviewed and approved minutes from May 27, 2017 meeting

Prior to meeting Candace sent out SMART goals for the 2017-18 school year for review.

Committee reviewed goals as written and made updates, deletions and changes as appropriate. Candace will write SMART goals in Action Plan format from template made available by the State.

Specific items from the goals discussed included the following:

Taste Testing: Marianne is the lead. Thus far the biggest obstacle is identifying the students. Marianne reports Lower School has the highest number of students eating hot lunch so that is the focus group to do the taste testing. Marianne will work with the LS Principal to decide on how to identify students selected for this focus group. Students will need parental permission to participate and families will need to be made aware of potential exposure to allergens.

Archery: PE staff is certified, now that the Auxiliary Building is completed that is the identified space to hold any archery units. PE staff is reviewing their schedule for use of the building during the school day. PE teachers are talking with archery coaches about equipment. Assistant Archery coach is willing to assist with teaching the archery unit.

Concessions: Jane McMullen, Community Member, emailed in an update. She has spoken with Mark Cove who is in charge of concessions. She is planning to meet with him to do an inventory but in speaking to him it sounds like the items offered are pretty good. Jane is planning to contact Power Up, a local health initiative, for ideas on small incremental changes that could be made with concessions.

Brain Prep: Wellness Policy Team discussed possibility of have a break out session regarding 'brain prep' at the next PD day on January 29<sup>th</sup>. Candace will request Kelly G contact Susan Schultz about her availability to do this and get detailed information to the PD planning team. Anna T will also check with the PD planning team.

Physical Activity: Fit Club is up and going, Open Gym is running and Girls Fitness club is meeting.