



Wellness Committee Minutes

February 15, 2018

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

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

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Reviewed and approved minutes from November 17, 2017 meeting

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

Action Plan Check in and update:

Taste Testing: First taste testing occurred on 2/6/2018 with 9 LS students chosen by their teachers for showing leadership skills. LS has the highest rate of participation in school lunch so that is why that group was targeted for taste testing. Marianne gave the students a simple survey (smiley face that would eat it, sad face they would not) to rate how they liked the food presented. Using the data collected Marianne is adding different menu choices to the future menus. She plans to do another taste testing with a different group of LS students in March. Going forward she plans to do this twice each school year.

Archery: US and MS completed their archery curriculum. Everyone student in MS got to try archery. About half of eligible US students tried archery. The current archery equipment is not suitable for the majority of the LS students. US plans to offer archery as part of the curriculum both semesters next school year. MS will continue to offer it as part of the curriculum each year. Discussion included how the LS PE teacher could maintain his certification (offer an archery class to staff was a suggestion).

Concessions: No update.

Brain Prep: Susan Schultz presented at the January 29, 2018 Professional Development day. Her class was offered twice that day, once to LS staff and once to MS staff. Unfortunately, US inadvertently got missed. The second class to MS staff was cancelled related to low participation. The first session was attended by 11 staff. The staff were from Special Education and 3 LS classroom teachers. SPED staff was particularly interested in pursuing offering this as a skill for students to practice. LS is interested in this skill as a group and Susan will present to LS staff at a future division meeting. Wellness Team wants to include MS and US staff as well and will need to figure out how to accomplish this. Initially Wellness Team had thought to have Susan offer an optional class for interested students 6 weeks prior to major testing (AP exams, MCAs, etc).

Physical Activity: Fit Club is averaging 70-100 kids each morning. It has been well received, Open Gym is averaging 25-50 students each morning. School equipment was being misused and not properly put away so students attending Open Gym must now bring their own equipment, namely basketballs. Girls Fitness club averages 8-10 US girls most Friday mornings.

PE Department applied for a grant requesting snowshoes for all age levels. If the grant is awarded the Wellness Team will include that as a goal for next school year.

There is a min-grant, **Minnesota Every Kid Healthy Week Mini-Grant**, available that student rep Lizzy had an idea to submit. She will work on completing the appropriate paper work and have the Team review it (healthy cooking class for Junior/Seniors).

For next meeting: Review messaging to students, staff, families and SCPA community.