



Wellness Committee Minutes

May 24th, 2018

Members Present: Dustin Vincent (MS Physical Ed. Teacher), Marianne Thole (Food Service Director), Candace Westlund (Licensed School Nurse), Scott Weispfennig (LS Physical Ed. Teacher), Anna Tiffany (US Physical Ed. Teacher), Kelly Gutierrez (COO), Jane McMullen (Community Member & Parent)

Absent: Leslie Chermak (parent representative), Emma Klinzing (Student Representative), Lizzy Thierl (Student Representative)

Reviewed and approved minutes from February 15, 2018 meeting

Grant Update

Minnesota Every Kid Healthy Week Mini-Grant was a mini-grant written by student representative Lizzy Thierl on behalf of the committee to provide cooking classes for US students. Prep was not awarded the grant. Will plan to apply again next year.

Snowshoe grant was also denied but organization encouraged us to apply again next year which we will plan to do. There were 33 applicants for the available funds of \$129,000. Fourteen applications were approved for \$32,000. Anna Tiffany will follow-up with the awards committee requesting feedback on our application.

Committee Member Update

Student representatives from this year are seniors. Congratulations on their graduation. Anna Tiffany will check with her current students to see if there are any students interested in being on the committee next school year.

This is an open committee, any stakeholder may attend the meetings. If you would like to be an official member of the committee please contact Candace Westlund, Licensed School Nurse.

Annual Communication Survey

Jane McMullen volunteered to construct a survey to send out to our stakeholders. Goal would be June 1st but for sure sometime in June. Survey to go in Parent Update and to all families.

Will also need to do survey with staff and students. The survey sent out in the Parent Update does include an option for a student to take. Will investigate sending survey to students in the fall, as well as to the staff.

Suggestion was made that the Wellness Committee meetings and minutes be posted on Bulletin Board in atrium. (Communication goal for next year).

Action Plan 2017-18 Update

Taste Testing: 4 Tastings were completed by students from LS identified by their teachers as having strong leadership characteristics. Marianne reports students were receptive and had good ideas. They were asked “What besides the food you tasted and liked, would you like to see offered at school lunch?” Marianne got several ideas she will incorporate this next school year. She will continue to do the Taste Testings, but only twice a year going forward.

Archery: 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. Previous discussion included how the LS PE teacher could maintain his certification (offer an archery class to staff was a suggestion).

Concessions: Jane McMullen worked with the concessions manager, Marc Cove, to complete an inventory of the concession stand current offerings. Jane offered several suggestions based on the information from Power Up! to the concessions manager. Marc has implemented many of the suggestions given by Power Up already. Jane will present a list of 8 further suggestions to Marc to see which 5 could possibly be implemented over the next school year. Jane did this after this meeting and Marc responded by going above and beyond tackling 7 of the suggestions given! Thanks Marc!

Committee suggested selling Prep water bottles at concessions to utilize the new hydration stations and to be mindful of plastic bottle waste. Jane offered to check on water bottles.

The increased fruit option the committee suggested can be purchased from Marianne in Food Services which should reduce cost. Marianne is meeting with Marc and will cover this option with him.

Brain Prep: It is the Wellness Committee’s understanding that Susan Schultz is (or did) working with the sped department to incorporate these skills with their students. The LS currently uses Go Noodle which has some vaguely similar programs. The Wellness Committee requested a volunteer teacher from LS to pilot a 6 week program but there were no volunteers. Candace will circle back with SPED to see how they are utilizing Susan. The committee will re-consider having an optional class prior to standardized testing next school year.

Physical Activity: Discussion about offering yoga before or after school. Will continue discussion next fall.

Wellness Policy

Discussion about school celebrations. Policy states all foods given to students during school hours should meet Smart Snack guidelines. The former policy stated classrooms could have one celebration a month without any nutritional guidelines. This was not well communicated to staff this past school year. This will be a goal for the 2018-19 school year. Suggestions for doing this included: an Employee Resource tab with a link to the Smart Snack calculator; distributing easy to read approved snack lists to all staff and student clubs as well (Student Council, National Honor Society, etc); publicizing PE’s planned switch from popsicles to watermelon for Field Day.

Committee will reconvene in the fall after the start of the 2018-19 school year.