

# WELLNESS COMMITTEE

## 2018-19 Review

### Committee Members:

**School Staff** - Joel Gilmer, Denise Ryan, Cheryl Wilke, Kelsey Zbaracki, Valerie Watrud, Kelly Barrow, Alisa Louwagie

**Middle School Students** – Lucas Hance, Nick Webster, Kenzie Donovan, Savannah Lauman

**Community Parent** – Kristi Hance

- \* Continued Monday morning Walk-and-Talks for K-5 students.
- \* Confirmed parent and physician documentation for all students needing dietary accommodations, per State of Minnesota requirements.
- \* Maintained inside recess cart supplies. Repaired items as necessary; replaced items where needed.
- \* Middle School student's discussion on Badminton & Volleyball placed on hold for further review this fall.
- \* School Garden will be of focus in the fall. Looking into teacher friendly to use in all areas of academics, including recycling & food waste
- \* Reviewed Local Wellness Policy Checklist to ensure our school was compliant with State of Minnesota legislation. Added four middle school students & a community parent to Wellness Committee membership.
- \* Reviewed Wellness School Assessment Tool (WellSAT: 3.0) Started the assessment process. In the fall we will work on the completion of the District Scorecard
- \* Reviewed breakfast for all PreK-8 students. Discussed the change in the "Grab & Go". Teachers preferred the students eat in the cafeteria instead of classroom. Students now eat in the cafeteria. All kindergarten eat breakfast as a class
- \* Culinary Chef surveyed parents on our breakfast program status and provided education on National School Breakfast Meal Program requirements, through parent mailing.
- \* Facilitated quarterly healthy salad bar potluck luncheons for all staff.