

WELLNESS COMMITTEE

2017-18 Review

Committee Members: **School Staff - Joel Gilmer, Denise Ryan, Cheryl Wilke, Kelsey Engesser, Alisa Louwagie, Mary Abramowski**
Middle School Students - Megan Nowezki, Olivia Louwagie, Lucas 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.
- Reviewed Local Wellness Policy Checklist to ensure our school was compliant with State of Minnesota legislation. Added three middle school students to Wellness Committee membership. Advertised for parent member; no parent(s) volunteered.
- Sponsored two week wellness event for PreK-8 students. Incorporated large motor movement exercises on Mondays, avoidance of non-essential technical devices on Tuesdays, effective handwashing on Wednesdays, promoting eating breakfast on Thursdays, and trying new foods on Fridays.
- Began offering breakfast for all PreK-8 students. Provided “grab and go” morning fruit/vegetable sharing option for middle school students.
- 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.