

Wellness Committee Meeting

August 8, 2025

Wellness Team: Thad Rathjen, Lisa Gerlach, Sheri Hartley, Angela Vogt, Megan Hejtmanek, Lucas McCain and Mark Bejot.

1. Welcome

2. Triennial Assessment Report – Findings

Areas of Strength: Activities for the kids to do, Salad Bar, Breakfast program

Opportunities for Improvement:

- a. Parent Involvement, Start to offer smart snacks for sale to high school students,
- b. Outdated health curriculum

Wellness Policy Goals

- a. Water will be made available to students throughout the school day - We have added multiple water fill stations throughout the school **Completed**
- b. Students will be encouraged to engage in physical activities throughout the school day and will be provided with opportunities to do so –
- c. We completed the color run.
- d. Elementary students get PE and recess every day **Completed**
- e. The district will allow other health-related entities to use school facilities for activities such as health clinics and screenings - Polish Your Pearls and Physicals

3. Elect a new student member

- a. Paytyn Stengel - Freshman
- b. Need to ask a parent to be on the Wellness Team. Suggestions?

4. Review of Wellness Activities

- c. Walking to the park for lunch?
- d. Track Walking – 6th Grade
- e. Color Run - Completed
- f. Spring Elementary Games - Completed
- g. BCBS – Adult Wellness Activities – What do we want to do?

5. School Nutrition - Angela Vogt

- h. New assistant nutritionist, Ms. Lysondra Weber
- i. Team is going to limit fresh salad items to ensure all lunch periods have access to the locally grown commodities.

- j. Utilize federal commodities - Added Federal Commodities purchasing
- k. Goals/Plans for next year?

6. Wellness Plan Goals for 2025-26

l. Public Notification of Wellness Policy -post on website

m. Revise nutrition guidelines

n. Nutrition Education

- o. Nutrition Promotion** - place nutrition posters in lunch dining room. Add non-typical fruits and vegetables on the salad bar and serve to students.

p. Physical Activity – Added Gaga Ball and soccer goals for all students.

- q. Physical Education** – , revise health curriculum including new textbook and CPR curriculum.

7. Other Items:

8. Adjourn