

District Wellness Committee Meeting Agenda

October 24, 2023 3:30pm

- I. Welcome and Introductions
 - A. Explanation and purpose of Wellness Committee
 - B. Introductions: Danaca Jensen, Bobbi Varichak, Patti Johnson

- II. District/Community Updates
 - A. District Health & Wellness (Patti Johnson)
 - 1) COVID protocols have changed- staff can return if they feel well enough. Numbers aren't near where expected (better than expected).
 - 2) Cardinal Essentials: considering nursing "tidbits"
 - 3) Open LPN position, Filled LSN position
 - 4) Continuing to see a rise in chronic health with adolescents in all buildings (example: tube feedings, diabetes, medications, fragile asthmatics)
 - B. Staff Wellness (Patti Johnson)
 - 1) Rachel Ree, HR coordinator, new staff wellness coordinator
 - 2) Restructuring staff wellness annual incentive
 - Focus on mental health as an area target
 - Physical Health, Nutrition/wellness as well
 - 2 Activities (from each category) + Biometrics to qualify
 - Clarification may be needed on incentive
 - 3) Cardinal Essentials: Each week have a wellness tidbit
 - C. Food and Nutrition (Bobbi/Danaca)
 - 1) Welcome Bobbi Varichak to FNS!
 - 2) Open Positions
 - 3) Farm to School Grant Award- Purchasing more Local Foods
 - a) Question on accepting local produce from gardens
 - 4) Free School Meals For all and participation trends
 - 5) MDE Administrative Review: May 2024 @ WMS & CCS
 - 6) MDE Procurement Review: September-October 2023
 - 7) Maternity Leave for Danaca: 1/26/2024
 - 8) Projects: WMS kitchen expansion & High School
 - 9) SHIP Grant- thank you!
 - 10) Focus: cultural foods, local foods, keeping high quality food on menus
 - 11) Supply Chain Update: milk issues specifically; food & supplies improving

III. Review of Policy 533 Wellness

<https://www.willmar.k12.mn.us/cms/lib/MN01909723/Centricity/Domain/461/533%20Wellness.pdf>

A. Read Sections I-III (Purpose-Wellness Goals)

B. Discussion of Reading

Sites have been attentive to discouraging the limiting physical activity such as withholding recess for any reasons.

Consider asking Leah Thorpe to meetings due to her role and acting as liaison

IV. Other Comments/Discussion

V. Upcoming Meetings/Times

- January 16, 2023: 3:30pm
- April: TBD