

District Wellness Committee Meeting Agenda

December 8, 2022

3:30 pm Leedom Room at WEAC

- VI. Welcome and Introductions
 - a. Rose Erickson, Brittany Schalmz, Pam Vruwink, Patti Johnson
- VII. Updates
 - a. Rose - Invited various people/groups, finished scoring, working on the summary
 - b. [Alison Scheffler](#)
 - i. Make and Take Spruce Top event at Stacey's (Dec. 6), a virtual sleep presentation (Nov. 29), the book study - books are still available!, and a December calendar option - complete one wellness activity from the list each day. We may have another one or two options that weren't on the flyer advertising options this year as well - stay tuned to Cardinal Essentials.
 - c. Triennial Assessment of our [current wellness policy](#) due this 22-23 SY
 - i. Completed every three years as a MDE requirement
 - 1. 22-23 SY [Well Sat Completed Score Card](#)
 - a. SM5 possibly add in language for F/R apps
 - b. NS8 revisit d/t smart snack compliance
 - c. WPM9 - add language on this?
 - i. Dive into marketing efforts
 - 2. Working on updating the [assessment summary](#)
 - a. Verifying that are practices are still in place (red text) sent to various contacts for confirmation
 - b. Seeing how can improve our “partially meeting goal” areas
 - ii. Last assessment was completed in 19-20 SY
 - 1. 19-20 SY [Well Sat Score card](#)
 - 2. 19-20 SY [Assessment Summary](#)
 - d. Alliance for a Healthier Generation - have a lot of resources for staff wellness and ideas for active classrooms. Subscribe to emails? Walking classroom
 - e. Share special occasion snacks for parent newsletter?
- VIII. Upcoming Meetings
 - a. February 23, 2023 3:30pm (Cont updates on practices)
 - b. April 18th, 2023 3:30pm (Edits completed, policy finalized to be reviewed by school board)
 - c. 2022-2023 School Board Presentation: TBD- spring