

District Wellness Committee Meeting Agenda

April 18th, 2023

3:30 pm Leedom Room at WEAC

- I. Welcome and Introductions
 - a. Rose Erickson, Danaca Jensen, Brittany Schmalz, Avery Winter, Pam Vruwink
- II. Updates
 - a. [Alison Scheffler](#)
 - i. Staff Wellness- We are wrapped up with activities and challenges for the year. Staff who qualify for the incentive and are on the district insurance plan will have their \$500 deposited sometime between the end of May and end of June in their HSA/VEBA accounts. Staff are encouraged to check on this deposit right away in case they have any questions.
 - b. Rose Erickson
 - i. Triennial Assessment of our [current wellness policy](#) due this 22-23 SY
 - 1. Completed every three years as a MDE requirement
 - a. [One change](#) to make for the school board to approve - Updated language of free breakfast to K-12.
 - b. 22-23 SY [Well Sat Completed Score Card](#)
 - c. Updated [assessment summary](#)
 - 2. Last assessment was completed in 19-20 SY
 - a. 19-20 SY [Well Sat Score card](#)
 - b. 19-20 SY [Assessment Summary](#)
 - ii. [Smart Snacks](#) reminder – applies to all [foods](#) or beverages *sold* to students which can be outside of school meals, during the school day, or on school grounds

USDA Smart Snack language

“Local educational agencies would be responsible for maintaining records documenting compliance with the competitive food nutrition standards for food sold in areas that are outside of the control of the school food service operation. Local educational agencies also would be responsible for ensuring any organization designated as responsible for food service at the various venues in the school (other than the school food service) maintains records documenting compliance with the competitive food nutrition standards.

The school food authority would be responsible for maintaining records documenting compliance with the competitive food nutrition standards for foods sold in meal service areas during meal service periods.”

1. Vending machines – must follow smart snacks if they are on during the school day
2. Fundraisers (if intended for consumption by students during the school day)
- iii. Community impact on our student’s health and wellness
 1. Michelle K from 2040 spent some time at the ALC health class to learn more about "bounce back program" - in other words how to bounce back from difficulties or struggles!
 2. “Self-Care kits” - purchased by Vision 2040 (draw string bag, gratitude journals, multi colored pens, calming tea, stress ball, fruit snacks, shower steamers) for the ALC students in the health class
- iv. Menu updates: Farm to School grant, Sambusas
- v. March 17th, 2023 - Minnesota Free School Meals in 23-24 SY (Danaca)
 1. One free breakfast and one free lunch meals per student each day
 2. Encourage families to fill out F/R application even though meals are free
- vi. Community Ed summer catalog is out, Bike Rodeo May 18th (Pam)
- vii. Latino family vaping education class April 25th (Avery)
- viii. April 29th - Bike Helmet giveaway, 100 helmets to give away at YMCA (Brittany)