

# District Wellness Committee Meeting Agenda

January 16, 2024 3:30pm

## WEAC

### I. Welcome and Introductions

- A. Explanation and purpose of Wellness Committee
- B. Introductions: Patti Johnson, Bobbi Varichak, Danaca Jensen, Brittany Schmalz, Rachel Ree

### II. District/Community Updates

- A. District Health & Wellness (Patti Johnson)
  - Nursing offices are busy due to medications and illnesses.
  - Minnesota changed reporting of Influenza-like illnesses to 10% and bundled all reporting to compile all respiratory illnesses versus 5% (old practices). We seem to be spiking in numbers, but not meeting that threshold.
  - The number of diabetic students continue to rise. Our district had 4,220 students enrolled in the fall. Of these students, 67% of those were identified as minorities. Sometimes the nursing staff are the only health contact staff for these students.
  - Working closely with public health on immunizations.
  - As of January 1, 2024- Federal mandates required feminine products in all buildings free of charge for grades 4-12th - new dispensers in bathrooms regularly used by menstruating students.
- B. Staff Wellness (Rachel Ree)
  - Increased activities for this year for staff wellness. We have received lots of positive and constructive feedback on the activities.
  - Introducing some virtual presentations: mood & food and laughter (mental health focus).
- C. SHIP Update (Brittany Schmalz)
  - Local drug-free coalition update: vape disposal with school districts.
  - Connected with local hazardous waste to cover the cost of the discard of the vape units. Some schools have commented that vape units have been found discarded down toilets.
  - Jess & Jeremy are the new team members heading up drug-free coalition. They can provide presentations to students within the school.
  - April 17, 2024 ~ 1 community presentation of "Be extraordinary, be you" - story of a family who lost their son to cannabis psychosis and committee suicide. Recorded link can be shared by Brittany. More details to come.

D. Food and Nutrition (Bobbi/Danaca)

Minnesota Department of Education will be out this May 2024 reviewing our School Nutrition Programs.

Supply chain issues resolved. Milk issues continue- no skim unflavored milk available. Only 1% unflavored and skim chocolate milk.

Willmar will be requesting bids for new prime vendor, milk vendor, and bread vendor for 2024-2025.

E. School/Site Level Updates

ALC received donated food items that they can provide to students if hungry outside the meal programs.

**III. Committee Discussion: Chocolate Milk at Breakfast**

*Due to supply chain issues nation-wide on half pint cartons of milk, unflavored skim milk is unavailable. Past practices by the wellness committee were not in favor of flavored milk at breakfast. Discuss as a group what the temporary plan should be.*

Option 1: Only offered 1% unflavored milk at breakfast

Option 2: Temporary offer 1% unflavored and skim flavored milk at breakfast

*Anonymous Vote to Occur after Discussion via google form.*

Bobbi/Danaca to follow up with nutrition information.

**IV. Review of Policy 533 Wellness**

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

A. Read Section IV (Standards and Nutrition Guidelines) **Read/discuss V and VI at next meeting.**

B. Discussion of Reading

Brittany will look into new/more resources on healthy treats or non-food items for parent education and teacher education.

Wellness committee to work together to create a new list of non-food rewards and parent resources to include on the FNS healthy family newsletter before the year is out.

**V. Other Comments/Discussion**

**VI. Upcoming Meetings/Times**

- April: TBD (Bobbi and Patti to pick date/time)