

Wellness Committee Meeting Minutes

Date: January 26, 2026

Time: 3:00–3:45 PM

Location: Fine Arts Center, FA-102

Meeting Type: Wellness Committee Meeting

Purpose: Review and discussion of the proposed District Wellness Policy

1. Call to Order

The meeting was called to order by **Amy Dauscher**, Food Service Director, at 3:00 PM, pursuant to due call and notice.

2. Roll Call

In-Person Attendees:

- Craig Broeren – District Administrator
- Amy Dauscher – Food Service Director
- Hollie Miller, RN – School Nurse
- Shelly Schmitz – Mental Health
- Grant Belisle – High School Physical Education
- Kris Wallace – Middle School Principal
- Rita Platt – Elementary School Principal
- Stephanie Belisle – Middle School Physical Education
- Jackie Libis – Leader News Reporter

Virtual Attendees:

- Kirk Anderson – Community Education
- Mike Wilson – High School Principal

Unable to Attend:

- Brian Kray – Director of Technology, Curriculum, and Instruction (Consultant)
- Angela Maternowsky – Physical Education
- Katie Tietz – High School Physical Education & Health
- Tashia Raygor – School Board Representative

Not Present:

- Students
 - Parents/Guardians
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3. Overview of the Local Wellness Policy

The committee reviewed the purpose and requirements of the Local Wellness Policy (LWP), established under the **Child Nutrition and WIC Reauthorization Act of 2004** and strengthened by the **Healthy, Hunger-Free Kids Act of 2010**.

- The policy requires School Food Authorities (SFAs) participating in the National School Lunch and/or Breakfast Programs to develop and maintain a wellness policy.
 - Final rule compliance was required by **June 30, 2017**, expanding requirements to strengthen policies and increase transparency.
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4. Monitoring, Evaluation, and Documentation

Discussion included:

- Identification of data and records needed to document progress toward wellness goals, nutrition standards, and policy requirements.
 - Monitoring progress on short-term and near-term goals through informal interim evaluations.
 - Use of interim assessment data to inform the required **triennial wellness assessment**.
 - Communication of expectations to school-based staff for tracking and organizing required documentation.
 - Ongoing support meetings with school personnel to review implementation, compliance, and progress.
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5. Wellness Policy Review and Communication

- The Wellness Plan is reviewed annually, with a formal triennial assessment every three years.
 - Local Wellness Policy Report Cards are posted on the District website.
 - The District will annually notify staff and households of the Wellness Plan and how to access it.
 - Similar notification will be provided upon completion of each triennial assessment.
 - Additional outreach includes:
 - Prominent website links
 - School newsletters
 - District-approved social media
 - Parent and community presentations
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6. Annual Wellness Meeting Reports

6.1 Approved Wellness Resources

Handouts were provided and approved for inclusion in the Wellness Plan:

- CDC Healthy School Celebrations
- Healthier Generation Resources
- Healthy School Celebrations Parent Guide

6.2 School Nurse Report – Hollie Miller, RN

- **2025-26 Goal met:** Food allergy information and electronic fillable forms to the Nutrition Services webpage.
- Current interventions include:
 - Dental clinic coordination
 - Flu and vaccination clinics
 - Hearing and vision screenings (with Lions Club support)
 - Staff blood pressure checks as needed
- The school nurse serves as the point of contact for all special dietary needs.

6.3 Physical Education – Grant Belisle

- Reviewed Physical Education standards as posted in the annual notice for Professional Development and Improvement (PDI).
- Standards were previously approved by consultant Brian Kray.

6.4 Middle School – Principal Kris Wallace

- No food-based fundraisers for school-sponsored activities.
- Approved snacks are provided by RCU and meet Smart Snack guidelines.
- All food giveaways require principal approval and comply with the Wellness Policy.
- The kitchen provides Smart Snacks during state testing.
- PE is 44 minutes; lunch is 18 minutes.
- Fifth grade receives an additional 15-minute recess.
- Suggestion discussed to increase seated lunch time to 20 minutes per DPI guidance.
- **Goal met:** RCU was moved from the cafeteria to the hallway to reduce disruption during meals.

6.5 Elementary School – Principal Rita Platt

- Monitors and documents all fundraisers (K–4); no food-related fundraisers or giveaways.
- The kitchen provides Smart Snacks during state testing.
- New initiatives for 2026:
 - Cafeteria share table
 - Composting contract with a local farmer
- Current interventions include increasing student flexibility based on fitness testing data.
- Continued farm-to-school activities, farm visits (Grades 1–4), and “Lunch with Your Child” events.
- Students receive at least 20 minutes of recess and 20 minutes for lunch daily.

6.6 High School – Principal Mike Wilson

- Oversees approval of fundraisers and food giveaways to ensure Smart Snack compliance.
- Responsible for vending machines and Sippin’ Saints coffee shop compliance with state and federal regulations.
- No changes reported.

6.7 Community Education – Kirk Anderson

- Community Education activities are updated regularly on the District website.
- No open gym or hallway walking programs due to safety and staffing limitations.
- Wellness scorecards and report cards are posted on the website.

6.8 Staff Wellness Incentives

- Reviewed staff wellness incentives provided through insurance, including gym memberships and wellness classes (information from Jenna Boldt, Health Partners).

6.9 Mental Health – Shelly Schmitz

- Reviewed Strategic Plan goals related to mental health:
 - Support staff mental health through a district mental health team
 - Establish Mental Health Navigator roles and defined team structures

6.10 Active Transportation – Craig Broeren

- Reviewed active transportation supports, including bike racks and secure storage.
 - Summer School instruction includes walking and bicycling safety.
 - Crosswalks are in place near schools.
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7. Nutrition Services Report – Amy Dauscher

2025–26 Goals:

- **Goal 1:** Not met – Nutrition Services will provide annual information to teachers and administrators on the benefits of school meals via email and presentation.
- Smarter Lunchroom strategies are used to increase participation.
- Marketing promotes healthy choices aligned with USDA standards.
- Meetings during lunch allow meals to be eaten.

Goals Met:

- Advertised free summer meal service annually with location and times.
 - Continued daily menu sharing with nutrition education tidbits.
 - Annual meal appeal self-assessment completed, with at least one new goal identified yearly
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8. Requested Additions to the Wellness Policy

The following items were recommended for inclusion:

1. Prepayment system and individual punch codes for all meal purchases
2. Food and beverage marketing limited to Smart Snack–compliant items
3. Expanded description of public involvement, policy leadership, and evaluation

4. Statement affirming USDA meal standards compliance
 5. Updated language for competitive foods and beverages
 6. Defined minimum meal times by school level
 7. Closed campus policy during the school day
 8. Guaranteed free access to drinking water during meals
 9. Nutrition standards consistent with federal regulations
 10. Smart Snack standards website links included in the policy
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9. Action and Motion

The **2026–27 Wellness Plan** was rewritten to align with the updated Wellness Policy template and discussed recommendations.

Motion:

A motion was made to accept the draft Wellness Plan as presented.

Vote: Approved unanimously by all members present.

Date Approved: January 26, 2026

10. Next Steps

The approved Wellness Plan will be presented to the School Board by **District Administrator Craig Broeren**.