

WELLNESS Meeting held May 21, 2025, via ZOOM, 30 minutes

Attached Policy, Triennial Report, Local Wellness Policy Checklist,

Invited

- 1) Craig Broeren Administrator
- 2) Amy Dauscher Food Service Director
- 3) Nurse Hollie Miller RN
- 4) Shelly Shimitz Mental Health
- 5) Kirk Anderson Community ED
- 6) HS Principal Mike Wilson
- 7) MS Principal Darrell Imhoff
- 8) Elem Principal Rita Platt
- 9) Brian Kray Director of Technology, Curriculum, and Instruction
- 10) Angela Maternowsky, Phy ED
- 11) Grant Belisle, HS Phy ED
- 12) Katie Tietz HS Phy Ed and Health
- 13) Stephanie Belisle, MS Phy ED
- 14) Students
- 15) Parents

**PUBLIC NOTICE OF A DISTRICT WELLNESS COMMITTEE
OF THE SCHOOL DISTRICT OF ST. CROIX FALLS**

Agenda

The mission of the School District of St. Croix Falls is to provide a supportive, student-centered learning

environment that cultivates character, fosters academic excellence, and embraces diversity.

Notice is hereby given to the public that a District Wellness Committee of the SCHOOL DISTRICT OF ST.

CROIX FALLS will be held on Wednesday, May 21, 2025 at 3:30 PM in the Fine Arts Center Room #FA102,

740 Maple Dr., St. Croix Falls, Wisconsin 54024.

Google Meet Link: <https://meet.google.com/ztt-tidn-yws>

Or dial: (US) +1 717-502-2794 PIN: 234 231 520#

This meeting is open to the public

3:30 P.M. - DISTRICT WELLNESS COMMITTEE MEETING

As a further means of evaluating the implementation of this Wellness Plan, including school compliance, the school district nurse and food service director will:

1. Identify the data and other records that will be required to reasonably document and evaluate the progress that is being made with the specific goals, nutritional standards, and other requirements outlined in this Wellness Plan. Particularly with respect to the Wellness Plan goals and related action steps that have specific near-term target dates or that are otherwise short-term in nature, progress should be monitored and informally evaluated on an interim basis between the years of the formal evaluations described above. Ultimately, information from and the results of any such interim assessments will inform and can be incorporated into the next triennial assessment.

2. Communicate expectations to school-based personnel related to tracking school-level data and preparing and organizing other school-level records that will be needed for assessment purposes, emphasizing when such documentation should occur.

3. Periodically meet with school-based personnel to serve as a support resource regarding Wellness Plan implementation and to review and discuss the school's compliance and progress to date.

1. The names, positions, and contact information of the district-level and/or school-level officials who have been designated as local wellness program leaders.

In attendance: Craig Broeren Administrator, Amy Dauscher Food Service Director, Nurse Hollie Miller RN, Shelly Shimitz Mental Health Kirk Anderson Community ED, HS Principal Mike Wilson, Elem Principal Rita Platt Brian Kray Director of Technology, Curriculum, and Instruction

Unable to attend but invited: MS Principal Darrell Imhoff, Angela Maternowsky, Phy ED, Grant Belisle, HS Phy ED, Katie Tietz HS Phy Ed and Health, Stephanie Belisle, MS Phy ED, Parents Students School Board members. This meeting was posted as public notice that invites the public to our meeting

All wellness members were asked to watch this prior to the meeting

<https://media.dpi.wi.gov/school-nutrition/local-wellness-policy/story.html>

1. **Nurse Hollie Wellness Goal for 2025-26:**

Add food allergy info and forms to nutrition services web page

St. Croix Falls School District will accommodate food allergies as confirmed by a licensed medical practitioner. "Practitioner" is defined by Wisconsin State Statute

118.29(1)(e): any physician, dentist, optometrist, physician assistant, advanced practice nurse prescriber, or podiatrist licensed in any state. Food allergy documentation must be signed by one of these practitioners.

Medical Practitioner's statement for child must identify: The child's disability. An explanation of why disability restricts the child's diet. The major life activity operation of a major bodily function affected by the disability. The food or foods to be omitted from the child's diet and the food or choice of foods that must be substituted.

To approve your child for food allergy accommodations, please download the form below and return with the medical practitioner's signature. This form can be returned by: Mail to Hollie Miller by dropping off at the District Office or High School or Scan and email to
Fax a copy to #

Adding: Special Diet Form (Fillable PDF)

Special Diet Form (Printable)

Current intervention: provided by Nurse Hollie: Dental clinic: sets up the dental clinic and parents indicate on forms sent out at the beginning of the year if they would like their student to participate. Flu Clinic, Vaccination clinic, hearing screens, vision screening (lion club helps), BP checks on staff as needed

2. MS Principal Darrell Imhoff was unable to attend. New Principal Kris Wallace

will start with these items in the new school year

- Food Service Director, Request that RCU does not set up in cafeteria as the snacks given are not always smart snack approved, this deters the students from eating their meals. Perhaps the MS hallway?
- Food Service Director requests to increase time for lunch to 20 min, once students sit down per DPI suggestions.

MS does not have any fundraisers for school sponsored activities that involve food. Food giveaways are submitted to MS Principal, and he approves them. Worked with RCU and gave a listing of approved snacks and they have supplied most snacks from that list. Occasionally they will have a snack not on the list which gets approved by Food Service Director and MS Principal approves any food giveaways meet Smart Snack guidelines per wellness policy, understands & follow Wellness policy

MS Principal Darrell Imhoff Wellness Goal for 2025-26: Increase awareness of the risks of tobacco and vaping.

- Current classes related to Wellness Policy MS Health class Middle school Health Class- teaches “Essential Health skills for Middle school students” G-W Publishers Ambruster Zelman. Unit 3 Nutrition and Physical activity teaching; Getting enough nutrients including nutrient dense foods, malnutrition, undernutrition and overnutrition. Key concepts of promoted by the dietary guidelines for forming a healthy eating pattern. Food groups, eating breakfast every day, following a Healthy Eating Plan (including My Plate USDA food guidance system, how to read a nutrition fact label, calorie intakes, limited added sugars saturated fats and sodium and

practicing food safety. Managing your Weight including BMI, support systems, and having a healthy body image including body image, weight stigma, disordered eating, purging, body neutrality, positivity, and compensation

- Lunch for 18 minutes and PE 44 minutes. Fifth grade takes an extra 15-minute recess in the afternoon. **This will be discussed with the new principal.**
- 3. **Elem Principal Rita Platt** - member of Wellness committee Monitors and manages the Fundraisers for grades K-4. Documents & approve any food related fundraisers and keep records NO food-related fundraisers or do food giveaways at school. We do provide snacks during state testing, and we follow the Smart Snack Guidelines. Rita understands & follows Wellness policy
 - Current interventions School-wide, our wellness goal is work with students to increase flexibility. That goal was developed after analyzing fitness testing data. Continue with current Wellness Offering farm to school activities, such as farm visits Grades 1,2,3,4, School lunch with your child. No changes to Phy ed times, students are still provided with at least 20 min recess of a day and 20 mins for lunch
 - **Needs to analyze fitness testing data, is not available yet**

HS Principal Mike Wilson- member of Wellness committee

Monitors and manages the Fundraisers for grades 9-12. Documents & approves any food related fundraisers and keeps records. Notes and or approves any food giveaways meet Smart Snack guidelines per wellness policy Understands & follows Wellness policy Vending machines and HS coffee shop fall under HS principal Wellness Goal for 2025-26:

- 1 Reviewing Vending machines to make sure they follow Wellness Policy & Federal policy. Working on timer with vending machine
- 2 As a new principal, learn and understand the Wellness Smart snacks and fundraiser policies, as it applies to the HS

Current Classes related to Wellness:

- Personal Fitness/Lifetime Activities (grades 9-12, .5 credit, 1 semester) This is a dynamic fitness class designed to bring about an increase in total body fitness for participants of all levels of condition, ability and needs. This class will focus on all areas of personal health—nutrition, fitness programs, training methods and strength training basics. Yoga, Pilates and dance will be incorporated into the class throughout the semester. This course is geared toward developing a comprehensive health and fitness plan for each student that can be maintained into adulthood.
- Health 10 (grade 10, .5 credit, 1 semester) This is a course that deals with the four main areas of health: Mental, Emotional, Physical, and Social Health. During this course, students will gain the knowledge they need to know to become health literate, maintain & improve health, prevent & reduce health-related risk behaviors. It stresses the importance of responsible decision-making in the process of distinguishing between healthy & risky behaviors. Students are motivated to recognize their own goals, values, choices, and the role that health plays in their lives. Units covered include: mental & emotional health,

stress/depression/suicide/grieving, first aid & CPR, nutrition & fitness, human growth & development/sexuality and substance abuse.

- Farm to Table (grades 10-12, 1 credit, year-long, lab fee \$20.00) Foods and Nutrition 1 and Agriculture Processing are joining forces. This course will include labs focusing on hands-on experiences. We will take items from the farm to the table. Planting or harvesting of the school garden, organic influences (complete with a trip to an organic farm), food safety, food additives and renewable resources are all part of this class. Aspects of vegetables, fruits, cheese, dairy, eggs, grains and meats will be explored from agricultural influences to proper food preparation. MyPlate nutritional requirements and planning healthy economical meals will be incorporated into this class. Jobs and careers related to Family and Consumer Science and Agriculture will be explored.
- Basic Family & Consumer Science (grades 9-10, .5 credit, 1 semester) Lab Fee: \$10 and the cost of personal materials used for individual projects. Basic Family and Consumer Science will provide students with a foundation in food and nutrition and clothing construction. Students will learn to make nutritionally sound decisions that will affect their quality of life now and in the future. This class will cover basic food preparations which will enable the student to make healthy food choices; which is necessary in our fast-paced world. Students will also explore safety and sanitation, culinary terms and techniques, food budgeting and much more. Fabric techniques and construction will be introduced. Learn to take initiative, follow written directions, demonstrate the use of measurements and comprehend the latest in sewing technology. Clothing care will also be discussed by exploring laundry techniques and basic mending. Basic Family & Consumer Science or Foods & Nutrition I is required to take other Foods courses.
- Foods & Nutrition I (grades 9-12, .5 credit, 1 semester) Lab Fee: \$20 Foods and Nutrition I is a course for students interested in food preparation and nutrition. We will study food and nutrition through a variety of activities including many food labs. Topics we will cover include safety, sanitation, and food borne illness. Proper scaling of recipes and measuring of ingredients for cooking and baking, as well as the equipment used for each. We will discuss recipe formats as well as choosing recipes and completing market order. Terminology is used in cooking and baking. Knife safety, handling, and cuts will be covered to ensure proper selection and use of equipment. Cooking methods will be covered and implemented with units covering fruits, vegetables, quick breads, eggs, dairy, and cheese. Foods & Nutrition II (grades 10-12, .5 credit, 1 semester, prerequisite: Foods & Nutrition I) Lab Fee: \$20 This laboratory-based course will take off where Foods I stopped. After a review of safety and sanitation students will build on their skills acquired from Foods I. Units will include herbs and spices, yeast breads, soups, sauces, pasta, cakes, cookies, pastries and candies. Students will also be introduced to the world of careers

Brian Kray Director of Technology, Curriculum, and Instruction

Change to have **Craig, Rita and Brian Warner** maintenance director in charge of Hazzard Transportation plan & evaluation. **This is a long-term goal, and the funds are significantly limited.** The district shall support active transport to and from school by engaging in the following activities

- Designation of safe or preferred routes to school. The last review was 2013.
- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week. No
- Yes, Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).

- Yes Summer School Instruction on walking/bicycling safety provided to students.
- No Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspapers.
- No Crossing guards are used.
- Yes Crosswalks exist on streets leading to schools
- No Walking school buses are used.
- NO Creation and distribution of maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.).

4. **Kirk Anderson** Community ED link:

<https://www.scf.k12.wi.us/community/community-education-.cfm>

Choices of youth wrestling and booster basketball. Booster Volleyball, Booster Baseball, and Booster Softball are just getting started. Future: Gymnastics, Dance, and Cheer. We currently have an open gym on Sundays at 4:30 PM for: Baseball • Softball • Volleyball • Basketball.

Many other classes were offered; all posted on the Community ED Web page.

- We do not have specific open Gym time or Hallway walking for community members, due to school safety issues and no supervisory staff available.
- Have changed some “camps” to summer school with instructors, this has increased participation
- Staff, current and past students who have had background checks are allowed to use the facility equipment like the weight room.

5. What incentives does our insurance provide for Staff Wellness Like Gym membership, Health and wellness classes are offered to staff." From **Jenna Boldt from Health Partners**

We have a resource called Healthy Discounts that offers a gym membership discount program (Active&Fit Direct) along with Wellbeats, Omada, and well-being challenges.

Start by visiting [HealthPartners.com](https://www.healthpartners.com), then the **My plan** tab then the **Program and Perks** tab (image 1 below). You should see a Living Well icon which will bring you to the YouPower experience and resources, and a Healthy Discounts icon. Once you click on the Healthy Discounts icon, you should see Active&Fit Direct (image 2 below). This is a gym membership discount program. There are two pdfs attached here detailing this program: *Flyer Active&Fit Gym Program* and *FAQ Active&Fit*.

Back on the Programs and Perks page, if you select the Living Well icon, you will see the YouPower experience. One of the activities available is Wellbeats, which is a free membership to online fitness classes. Wellbeats has thousands of workouts for any stage or fitness level. Choose from yoga, aerobics, kickboxing and more, and discover what moves you to move more. Image 3 below shows the activity in the YouPower experience.

Another program you have available to you is [Omada](#).

- Omada offers personalized digital programs that combine the support of a dedicated health coach with peer support, interactive digital tools and content, and connected devices to help you reach your health goals.
- Attached are two pdfs with additional information on this program: *Omada Prevention Participant's Journey* and *Flyer Omada prevention condition management*
- [This link](#) will kick off the process to see if a member is eligible
- [Well-being paper challenges](#) available to you on the HealthPartners website. These are plug and play well-being challenges that you can administer on site. Topics include healthy habits, financial fitness, gratitude, sleep, and sugar intake.

6. Mental Health **Shelly Shimitz** Goals on strategic plan

<https://drive.google.com/file/d/1FIhc7-1SGjVRwms3ghp0kpwMOYVL0MtN/view>

Strategic Plan GOALS: Mental Health

- Provide support for staff mental health through a district mental health team
- Mental Health Navigator and teams established with defined roles
- Starting mini updates on links to mental health
- Reviewing Mental health Hubs with resources

7. **Craig Broeren** Administrator

We will be setting up a wellness page on our website and putting our 2024-25 Wellsat score card and report card

8. **Amy Dauscher** Nutrition Service Goal for 2025-26

1. Information about the benefits of school meals is provided to teachers and administration at least annually. Will send out a e mail with power point or other info with the importance of school meals at least annually
2. Tools: Meal appeal Self-assessment yearly with achieve least one new goal for the next year off of this form Including staff at all 3 schools to participate in this. MS\ HS 42\59, Dresser 37\59, 7 NA, ELEM \59
#9 from below: To increase participation in school meal programs, School Nutrition Services operate cafeterias and service areas at each school in alignment with the tools and strategies found in the Smarter Lunchroom Movement whenever possible. This report is done annual and food service goals are brought forth through from this report. Marketing strategies will promote healthy choices and will be limited to products that meet USDA nutrition standards. Any meeting during lunch allows meals to be eaten in meeting
3. On the menu, have educational tidbits, a great way to communicate with students & parents as many read this everyday

4. Added SUMMER MEAL SERVICES 2025 to the web page annually, with location, times and other pertinent information. June 8-26 Summer School All Summer school sites of St. Croix HS MS and Elem will offer FREE breakfast 7:30-8:00 AM. and LUNCH services 11:15-noon FREE Breakfast 7:30-8:00 AM & Lunch 11-12 will be offered at all schools for Jumpstart dates of August Jumpstart breakfast & Lunch meals at all schools will also be provided FREE of Charge
5. Brainstorm on how to educate parents, teachers & students on what our wellness policy is and why we have it. More website involvement was general consonance.

Current interventions

1. Completed Annually Using HS\ MS TV to post some educational posters, info and menus for day and week.
2. Completed Annually state testing all snacks are smart snacks
3. Completed Annually MINIMUM REQUIREMENT Districts must include goals for nutrition promotion in the wellness policy. At a minimum, districts must review Smarter Lunchrooms tools and strategies. The school environment should encourage students to make healthy eating choices. Districts can engage in a variety of activities that promote healthy behaviors. **Smarter Lunchrooms** the Smarter Lunchrooms Movement brings evidence from the fields of economics, marketing, and psychology into the school cafeteria. Smarter Lunchrooms strategies are evidence-based, simple, low-cost, or no-cost changes that encourage students to make healthy foods an easy choice. By implementing Smarter Lunchrooms strategies, schools can see less waste, higher participation, more satisfied students, and increased consumption of important nutrient-rich foods. Smarter Lunchroom techniques for increasing consumption of white milk (<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies#> Review & Compare with Tools: Meal appeal Self-assessment, Assessments in Wellness book score
4. Completed Annually. Nutrition staff receive at least 6 hours, Every year they go to CESA 11 workshop for 6-hour credit Director 15 hours 6 hours plus in service & videos SFA staff are encouraged to pursue GOALS Certification. GOALS stands for Goal Oriented Achievement Learning Skills. This is a certificate endorsed by the DPI and is obtained by completing training in nutrition, program administration and operations, and communications and marketing. For more information go to the Wisconsin DPI School Nutrition Training webpage (dpi.wi.gov/school-nutrition/training/goal-oriented-achievement-learning-skills). Director must place in Goals.

No objections to suggestions of

1. Reviewed the triannual and Wellsat report at executive meeting annually, so we can better understand the standard and what is needed in our wellness plan At a minimum, the wellness policies are required to include Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. Responsible for the Local Education Agency are required to review and consider evidence-based strategies in determining these goals.
2. Change Instead of beverages section saying, “acceptable list of beverages”
USE: All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule <https://www.fns.usda.gov/tn/guide-smart-snacks-school>.
<https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/smart-snacks-guide-usda.pdf>

3. ADD Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal regulations for:
 - a. School meal nutrition standards, and the
 - b. Smart Snacks in School nutrition standards.
4. Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks brought by parents, or other foods given as incentives). **Discussion How is this communicated with parents, students & teachers? Via our website**
5. ADD Policies for food and beverage marketing allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
6. ADD Description of public involvement, public updates, policy leadership, and evaluation plan
 - a. Suggestions to add to the Wellness Policy to meet standards for USDA child nutrition and school meals
7. ADD have: School lunches will meet or exceed the USDA nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. Addressed & posted with website access in the policy <https://www.fns.usda.gov/tn/wellness-policy>
8. ADD The district will follow a prepayment system for students who pay the full-price or reduced price for school meals (lunches) and for meals and for students who wish to obtain a la carte items. All students, regardless of full-price or reduced-price status, use an individual punch code for purchases at the Point-of-Sale register.
9. ADD to increase participation in school meal programs, School Nutrition Services operate cafeterias and service areas at each school in alignment with the tools and strategies found in the Smarter Lunchroom Movement whenever possible. This report is done annual and food service goals are brought forth through from this report. Marketing strategies will promote healthy choices and will be limited to products that meet USDA nutrition standards. Any meeting during lunch allows meals to be eaten in meeting
10. ADD All SCF schools will provide adequate time for daily lunch periods for students to eat, the High school and Elem school have at least 10 min to eat breakfast and at least 20 to eat lunch. The middle school student a have 10 mins for Breakfast and 18 min for lunch.
 - a. DPI suggests 20 min for all students to have to eat after served
11. Change Foods and beverages (including a la carte items) offered within the district food service program shall be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students with a variety of healthy choices

to maintain a balanced diet. Free drinking water is always available to students and staff, including where meals are served. Drinking fountains with cups is present in the school lunchroom area and supervisory staff allow students to access water throughout the meal period.

12. ADD the Smart Snack standards website access in the policy:

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

13. ADD All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.

- 14. The Executive committee will update policy with Improvement to Wellness Policy using the policy writer provided by DPI. The draft will be reviewed at the next wellness meeting.**

Given to Kirk to update Aug 5, 2025 for Web page

Team nutrition Logo

<https://commons.wikimedia.org/wiki/File:USDA-TeamNutrition-Logo.svg>

Let's Talk about Smart Snacks!

Smart snacks in schools is a collaborative effort between the USDA and the US Dept of Education. This cooperative strategy extends to the school level where school food service professionals, school administrators, teachers, sports teams, clubs and parent organizations work to create healthier communities. Smart Snacks support healthy living and learning with standards for foods and beverages sold in schools during regular campus hours.

Let's learn more about smart snacks

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

Smart Snacks in School How Can You Help?

https://www.cdc.gov/healthy-schools/media/pdfs/P4HS_SmartSnacks.pdf

Wisconsin Smart Snacks in a Nutshell

<https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/smart-snacks-in-a-nutshell.pdf>

Are you a Smart Food Planner

<https://foodplanner.healthiergeneration.org/>