



Members Present: Marianne Thole (Food Service Director), Candace Westlund (Licensed School Nurse), Terri Smith (HR), Alec Brandt (LS Physical Ed. Teacher), Dustin Vincent (MS Physical Ed Teacher), Anna Tiffany (US Physical Ed Teacher), Christine Mehlhorn (LS Office Manager and parent), Kellie Nelson (4<sup>th</sup> grade Teacher), Ann Celiberti (Kindergarten Teacher), Cris Taddeni-Miller (SPED para), Kelly Gutierrez (Chief Operating Officer)

Absent: Medora Benson (Parent Group Representative)

OPEN Postions: Student representatives, Community Member

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Welcome and Introduction of new members

Reviewed and approved minutes from May 23, 2019 meeting.

**Annual Communication Survey**

Was sent in May, 2019. Received 35 responses from students, staff, and parents. Data reviewed briefly.

**SHIP Grant**

Terri gave report on SHIP funds. SHIP funds are grant money we can receive and there are specific guidelines for use. We got \$9,000 last year. It was used for hydration stations. Working on trail around school. Hope to partner with Lakeland and Bayport Townships. The bid for the trail is \$180,000. SHIP pays for design. May look at Safe Routes to School grant to also help. School got \$4,000 the prior year.

Terri will send out options to committee members for this year to weigh in on. There is \$5,000 available. Grant due November 15, 2019. The main areas are Healthy Eating and Worksite Wellness. Areas include blood pressure, cholesterol and stroke. Ideas include: Use CDC scorecard (per Public Health Prep scorecard is good) and choose idea around physical activity, nutrition or tobacco cessation. Other options include a bike fix-it station, trail signage, brochure rack, wellness seminars, on-site weight management.

**Active Living Grants**

Grant opening is November 15-December 15, 2019. Terri will look in to this.

## **2019-2020 Action Plan**

Reviewed, updated and approved plan for this school year.

- Breakfast Program – still need to communicate with teachers and parents, numbers are great
- Glute free daily option – did survey, interest not strong
- Bike Program – Spring 2020
- Mental Health
- Taste testing – ongoing
- Before/After school offerings
- Water consumption
- Consistent message – areas to review include clubs, curriculum, 2<sup>nd</sup> Harvest snack pack

## **Every Kid Healthy MN Conference**

Date does not work for any of the committee members

## **Committee Members**

The Wellness Policy committee is open to any interested stakeholder (teacher, student, staff, parent, community member). We are especially in need of representation from parents, community members and students. If you need more information or want to be a member of the committee please contact any of the current members or Candace Westlund, Licensed School Nurse at [nurse@stcroixprep.org](mailto:nurse@stcroixprep.org)