



Wellness Committee Minutes

April 29, 2020

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), Kellie Nelson (4th grade Teacher), Ann Celiberti (Kindergarten Teacher), Cris Taddeni-Miller (SPED para), Kelly Gutierrez (Chief Operating Officer)

Absent: Medora Benson (Parent Group Representative), Christine Mehlhorn (LS Office Manager and parent)

OPEN Postions: Student representatives, Community Member

Welcome

Reviewed and approved minutes from October 30, 2019 meeting.

Scheduled March meeting was CANCELLED due to COVID-19

Updates

SHIP Grant -Terri

Prep no longer qualifies for SHIP grants as they rewrote their guidelines and it is tied to percent of free and reduced lunch numbers.

Active Living Grants-Terri

Prep did qualify for an Active Living grant and monies were allocated to purchase and install benches along the trail planned for on the Prep property. Bill Blotske, Facilities Director, has not purchased the benches yet but has decided on which ones and will order before the October 2020 deadline. TRAIL UPDATE: Prep has the plans but has not yet secured the funding. Prep should be able to access Active Living Grant funds again next fall.

2019-2020 Action Plan-Reviewed and updated

- Breakfast Program - Marianne
 - Going well
 - Plan had been to do formal communication with LS teachers, especially about letting late students still get breakfast, this hasn't occurred
 - Will roll this action item over to next school year
 - Communicate yearly about breakfast program to teachers and parents
 - Communicate process if parents do not want their student getting breakfast
 - Parent tell teacher, teacher notify Marianne

- Marianne will disable Breakfast Button for individual students
 - Communicate process for addressing students who are on late bus versus those students who are here but messing around
- Glute free daily option - COMPLETE
- Bike Program - Alec
 - Was to be held this spring, but due to COVID-19 pandemic will not occur
 - Alec will stay in touch with organization to keep Prep staff current and able to rent the bike fleet and plan to do so Spring 2021 as able
 - Prep PE teachers were given information on MN Bikes activities to share with their students via distance learning as appropriate
- Mental Health - Candace
 - Prep established a Mental Health Advisory team in the fall, that team will address the mental health needs of the staff and students going forward
- Taste testing - Marianne
 - Did hold fall taste testing
 - Spring taste testing was to occur in May, cancelled related to COVID-19 pandemic
 - Inclusion of MS student was to occur in May, will roll over to next year's action plan
- Before/After school offerings - Alec, Dustin
 - LS FitClub
 - Supervision and numbers issues were worked out
 - There is a set schedule with YCare now
 - MS Open gym
 - Starts as soon as any athletic clubs using space are done
 - Entire PE staff helps as needed
 - MS students get the entire gym last 15 minutes before school starts
 - Girls Fitness
 - Not enough interest so did not happen this year
 - Treadmills
 - In budget from marathon funds
 - Still checking on which treadmills we would want, how to secure them (camera for weight room, supervision, etc)
 - Suggestion to have Betsy supervise area
 - Need to rearrange space in weight room
- Water consumption
 - We do have more hydration stations, but did not sell re-useable water bottles at concessions
 - Candace will have Jessica make signs to advertise the hydration stations for at concessions and in the lunch room
 - Marianne informed the group that ala carte sells about 72 water bottles/day
 - Kelly will have Heather look into options for a reusable water bottle to sell at both concessions and ala carte
 - Marianne suggested selling it with a Crystal Light packet, especially the first couple weeks of school

- There may need to be more communication on need for use of reusable water bottles as water fountains may be closed because of the pandemic
 - Suggestion to have water bottle on back-to-school lists, especially in MS
- Consistent message - areas to review include clubs, curriculum, 2nd Harvest snack pack
 - This was not completed and will roll over to next school year
 - Do a consistent blurb in the Parent Update next year

Triennial Assessment

Team used the Alliance for a Healthier Generation's *Ten Essential Components of Local School Wellness Policy Checklist* which outlines the ten required components of a local school wellness policy as defined by the USDA. The rating scale was as follows:

2 = includes all required language

1= includes some of the required language

0= includes none of the required language

Prep's policy received all 2s, the Prep wellness policy includes all required language. Prep's policy was developed using the Alliance for a Healthier Generation's Model Policy template.

Candace guided the team through applying MDE's *Local Wellness Policy: Triennial Assessment Template* to Prep's policy goals indicating whether we have met the goal, partially met the goal or are not meeting the goal with brief description of progress and possible next steps.

Candace and Marianne will meet next week to officially complete the template to be sent to MDE as well as to publish on the Prep website, thus completing the requirement of the Triennial Assessment. Any updates to the policy itself will be discussed at the next Wellness Policy Team meeting then presented to the Board for final approval this summer.

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