

## **Wellness Policy Committee Meeting**

### **Meeting Minutes**

**February 17, 2023**

#### **Members Present:**

**Kelly Gutierrez, Terri Smith, Jessica Skilling, Marianne Thole, Anna Tiffany, Robin Moore, Alec Brandt, Allyson Rydberg, Cris Taddeini - Miller, Elizabeth Warner, Laura Pidgeon, Christine Mehlhorn**

**Members not available: Joann Karetov, Medora Benson, Rita Thorson, student representatives**

#### 1. Committee Requirements

- Re-introduce requirements of this committee
  - show where the wellness policy/minutes are located on website
  - meeting three times per year
  - triennial assessment per MDE
  - set goals and establish an action plan
  - maintain an active wellness policy to receive federal funding dollars
- Parent/Community survey - required annually
  - Kelly found the survey from 2019. Keep it to 5-6 questions. Add questions regarding school garden- community involvement/interest, outdoor trail/PE and farm to school in the cafeteria, community members who might be interested - contact info.
  - PE group, Laura, Cris and Elizabeth will send questions regarding their areas of interest to Kelly. Finalize survey by end of week 2/24/23. Make survey available in Parent Update by 3/3/23 and compile responses and have available for 4/7 meeting so the action plan can be made for the 23/24 SY.
- Set meeting dates for remainder of school year.
  - 3<sup>rd</sup> meeting date is set for April 7<sup>th</sup>.

## 2. Grant opportunities to support our goals

- If there is time, each person can research grant opportunities available for their area of interest. School gardens, biking, snow shoeing, cross country skiing, exercise stations along trail, farm to school, mental health and self-care.

## 3. Committee Members needed:

- Fill open positions which are:  
Community members and student members  
\*Ask Rita Thorson (Leadership Class) and Anna Tiffany (US PE) for students who may be interested

## 4. Update SCPA wellness policy information on website:

- Marianne will send the minutes to Chad for posting on website