

FCSD #2 Wellness Meeting SY 2024/2025

Monday, March 10, 2025

In attendance: See the sign-in sheet for roles.

Anna Hinkle, Katrina Dingman, Tina Baker, Karen Chandler, Jacki Blakeman, Penny Strain, and Leah Vermeire

Not present: Ryanne Wiener (Kitchen Manager/ Head cook), Sampson Rich (PE teacher)

Opening:

The USDA/WDE requires all schools participating in the SNP programs to hold a wellness meeting at least once a school year. The purpose is to promote a positive, safe, healthy learning environment.

The district's wellness policy outlines the approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity.

1. Anna directed the committee to the location of the wellness resources available online. [Link](#)
2. The "smart snack" calculator was demonstrated. [USDA Smart Snack Guide](#)
3. We reviewed our district's wellness policy, goals and outcomes for the past school year, and the current wellness program policy report. [Link](#)
4. Together the group assessed the school environment and identified ways to strengthen, improve, and support the school environment for students and staff.

Nutrition Goals:

Goal-FCSD #2 will continue the Fresh Fruit and Vegetable Program

Implementation: The food service director will apply for the fresh fruit and vegetable program annually. The program allows the food service department to serve fresh produce twice a week to students K-5, including exotic varieties when they are able. Educational material on the produce will be provided.

Projected Outcome: K-5 students will experience a wide variety of fresh produce weekly.

Actual Outcome: The FFVP grant was awarded to FCSD #2 and was implemented 24/25 school year. Students enjoy the different produce and learning about where they grow and what nutrients they have. The food service director and elementary teachers will continue to monitor the program.

Goal-FCSD #2 will promote nutrition through education

Implementation: Nutrition education will be provided to K-5 students. Age-appropriate materials will be used to teach the importance of good nutrition and healthy life habits.

Projected Outcome: Students will establish healthy nutrition habits to last a lifetime.

Actual Outcome: TBD

Physical Activity and Education Goals:

Goal-FCSD #2 will participate in the Kids Heart Challenge annually

Implementation: The PE teacher will continue to enroll in the Kids Heart Challenge each school year and help students set individual and school goals. Staff will promote the participation of students in the challenge.

Projected Outcome: Individual and school goals will be met. While enjoying fun activities, students will discover ways to maintain a healthy heart while practicing giving, kindness, and gratitude.

Actual Outcome: The students participated in the Kids Heart Challenge during the 24/25 school year. The students raised \$6485.43. Celebration Day will be held on April 11, 2025. Students will participate at stations set up with jump rope challenges. Students of all grade levels and staff will participate.

Goal-FCSD #2 will prioritize physical activity as a positive life skill

Implementation: Encourage staff to offer physical incentives. Ideas are but are not limited to: extra recess time or additional recess during the day, holding an active transportation contest to and from school (riding a bike or walking), incorporating movement activities into various subjects, or dance party celebrations.

Projected Outcome: Students will have improved focus, concentration, and cognitive function, and learn the importance of teamwork, cooperation, and social skills.

Actual Outcome: TBD

Social Emotional Wellness

Goal-FCSD #2 will offer students of all ages emotional support

Implementation: Lockboxes will be placed in each hallway, HS, MS, and Elem. Students will fill out a small form about how they feel, what is going on in their lives, or just asking for help. They can leave it anonymous or leave their name and how they want to be contacted for support. The box will be checked every week by designated staff.

Projected Outcome: Students will feel they are not alone in whatever they are going through and know they have someone checking in on them.

Actual Outcome: TBD