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Wellness Meeting Summary
Thursday, February 8, 2024
23/24 SY-Draft

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<u>In attendance</u>: See the sign-in sheet for roles.
Anna Hinkle, Chris Dingman, Katrina Dingman, Tina Baker, Lidia Haughey, Becki Neidens, Betty Neidens.

Not present: Penny Strain (teacher), Leah Vermeire (board member/parent), Ryanne Wiener (Kitchen Manager/ Head cook), Sampson Rich (PE teacher), and Dani Gilgen (District SRO).

<u>Opening</u>:
The USDA/WDE requires all schools participating in the NSL and NSB programs to hold a wellness meeting at least once per 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. We went to the school website. Anna directed the committee to the location of the wellness resources available online. Link All wellness documents are on the far left when you scroll down.
2. Everyone received a copy of the FCSD #2 wellness policy. Link
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 discussed new possible goals and goals to continue.

Nutrition Goals:

<u>Get student participation on breakfast and lunch menus</u>

Implementation: Anna will send the survey to all middle and high school students. Once most have been returned, Anna and Ryanne will review the results and make changes to the survey suggestions as soon as possible.

Projected Outcome: Participation in the SNP will increase with more input from students. Also, less plate waste from students.

Actual Outcome: Upon review of the goal

<u>Promote ways to reduce the amount of sugar during class celebrations.</u>

Implementation: Find literature to hand out to elementary parents and put it on the school website. Possibly hand out information during parent-teacher conferences.

Projected Outcome: Provide nutritional education to families to promote a healthier atmosphere. Less sugary treats in the classroom.

Actual Outcome: Upon review of the goal

[Healthy treats for class celebrations](#)
[Healthier Generation classroom party resources](#)
[USDA Smart Snack Guide](#)

Physical Activity and Education Goals:

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. Helping 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. Through fun activities, students will discover ways to take care of their hearts and brains while practicing kindness and gratitude.

Actual Outcome: Upon review of the goal

Our district Wellness Policy will be updated to reflect that physical activity will not be used as a punishment.

Projected Outcome: Physical activity will be seen as a positive addition to a healthy lifestyle.

Implementation: The district wellness policy will be reviewed and updated during the 23/24 school year. Once the board approves it, the updated policy will be added to board docs for use. Anna will send a digital copy to all staff to review before the beginning of the 24/25 school year.

Actual Outcome: Upon review of the goal.

Other:
Choices for this category-

1. Send resources to teachers to incorporate "Mindfulness Moments" into their daily schedules.
    a. Studies on mindfulness have been shown to reduce the negative effects of stress and increase students' ability to stay engaged, stay on task, and reduce behavior problems.
    b. Bringing Mindfulness into Schools

2. Placing a box or container of some kind in the secondary hallways for students to get rid of feelings that they are holding on to.
    a. This would simply be a tool for those struggling with anything they can't let go of. "Put it away for a while. Toss them out, throw them out"
    b. This would ideally help students to move on from those feelings. For a moment or maybe forever.