

Meeting held on 9/26/22 with Sherry, El, Josh, Cindy and Theresa

1. Reviewed Wellness policy
  - a. Theresa and Sherry will work on the Triennial assessment outside of the wellness meetings.
  - b. All members agree that we want to add a staff wellness component, even though this is not a requirement of the policy.
    - i. Theresa secured Community Worksite Wellbeing Cooperative (wellness program) through Winona Health free for employees for this school year. Orientation to the program set for 10/3/22 at all staff meeting.
    - ii. Wellness committee to decide what all staff challenges to promote this year. Consider staff versus student challenge.
    - iii. Determine prizes for all staff challenges. Where does the funding come from?
  - c. Nutrition Promotion and Education section of Wellness Policy
    - i. Determine what classrooms already do for nutrition education in their classrooms. How will we obtain this information?
    - ii. Current information gathered:
      1. WSU students teaching nutrition education sessions x 4 to E2 level classrooms in Oct/ Nov 2022.
      2. Midwest Dental attending Fall Festival to promote dental care.
      3. Erdkinder - Janet Macon - WSU RD - Health services?
      4. When we get a counselor on staff can he/she include nutrition education in the curriculum?
  - d. Communication with Parents
    - i. Send required nutrition information/ promotion to parents via allschool email feed 4x/ year (Nov, Jan, March, May). Theresa will get content to Josh, he will get content presentable.  
Nov topic: healthy lunch ideas.  
Jan: Healthy party food ideas  
March: Non-food celebration ideas  
May: non-food reward ideas
    - ii. Theresa to send nutrition based parent communication to Renee Knutson to update the website and handbook
  - e. Other foods and beverages made available to students
    - i. In future years students (E2 level) will not bring in snacks in order to ensure all snacks provided to students are meeting the Smart Snacks Standards for foods. All snacks provided by the kitchen are meeting these requirements.
2. Staff appreciation week - Wellness committee to sponsor 1-2 days; ideas: yogurt bar, Subway sandwiches

3. Discussed other fun nutrition promotion ideas to complete during the year
  - a. Smoothie bike at Holiday bazaar
  - b. Promote foods from different culture/ continents
  - c. Add idea/ table to existing BMS events - such as Cedar Valley composting; chicken/ eggs, odd vegetables
  - d. Cindy to promote a vegetable/ fruit in different ways on Friday - fun food friday