

**Wellness Committee Meeting Agenda**  
**Friday, January 31, 2025 @ 7:30 a.m.**  
**Maxwell Meeting Room**  
**Virtual Option Offered**

Wellness Committee Members Present: [Marc Snavelly, Superintendent](#), [Lori Fricke, MS/HS Principal](#); [Chelsey Plants, Elementary Principal](#); [Troy Hogue, Teacher](#); [Sonya Staudt, Teacher](#); [Greg Davis, Teacher](#); [Lauren Svejda, Teacher](#); [Sheila Anderson, Food Service Director](#), and [Jackie Lewis, School Nurse](#)

**Agenda:**

1. Welcome/Introductions-Marc welcomed everyone and discussed the agenda.
2. Review Wellness Policy-507.9-Marc reviewed the Wellness Policy (507.9) and discussed how this is on the board policy review cycle with the Collins-Maxwell School Board.
3. Discuss Goals-Marc discussed the current Wellness Goals. #1-Establish a Wellness Committee, #2-Nutrition Education & Promotion, #3-Physical Education & Physical Activities, #4-Establish Nutrition Guidelines for All Foods Available at Collins-Maxwell, & #5-Promote Wellness in Other School-Based Activities
4. Review Past & Present Wellness Activities
  - a. Food Classes-Wellness Activities, Various Field Trips, & The Spartan Kitchen
  - b. P.E. Activities-Weight Speed Program (Goldfinch Athletics) Does Testing, & the Iowa National Guard Challenges/Obstacle Courses
  - c. Nurse Activities-Past-Color Run-Maybe look to do something with the new bike trail this spring, sexual education taught in 5th grade, & YSS does some health-related programming
  - d. Food Service-Have done some taste testing in the past
  - e. Outside School Activities-Healthy Habits Challenge
  - f. Community Service-Spring & Fall Clean-Up Days in Collins & Maxwell & Planted Trees
  - g. Mileage Club-Elementary students do a health challenge.
  - h. Other Opportunities-Elementary (Hy-Vee Fit Challenge, PIE does Walk-a-Thon, Elementary Track Meet in May, & PBIS Challenge) MS/HS-Activities focus on "Culture" such as bowling, mini-golf, food challenges, and Battle of the Classes
4. Areas We Need to Access
  - a. Physical Education-NA
  - b. Nutrition-Next Year-State Site Review (5-Year Cycle)

- c. Public Involvement-We need to add both students and parent to this committee. We will check with a school board member as well.
  - d. Physical Activity-NA
  - e. Monitoring & Evaluation of Programs-NA
5. Staff, Parent, Student & Community Input-None
  6. People to Add to this Committee-Parents, students, and a school board member
  7. Set Spring Meeting Date-The Spring Meeting will be on Tuesday, May 13th at 7:30 a.m. in the Maxwell Board Room.