

Wellness Committee Meeting Agenda
Tuesday, May 13, 2015 @ 7:30 a.m.
Maxwell Meeting Room
Virtual Option Offered

Wellness Committee Members Present: Marc Snavelly, Superintendent; Lori Fricke, Middle/High School Principal; Chelsey Plants, Elementary Principal; Troy Houge, P.E. Teacher/Coach/Activities Director; Sheila Anderson, Food Service Director; Greg Davis, P.E. Teacher/Coach; Jackie Lewis, School Nurse; Lauren Svejda, P.E. Teacher/Coach; Haylee Merryman, Student; Jayden Peters, Student

Agenda:

1. Welcome-Marc Snavelly welcomed everyone and thanked them for attending the meeting.
2. Review Goals-Snavelly reviewed the District 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
3. Recap Wellness Activities From Current School Year
 - a. Food Classes-Field Trips, Spartan Kitchen, Prepare Meals & Read Labels, Prepare Meals for Staff
 - b. P.E. Activities-Weight/Speed (Goldfinch Athletics) & Disc Golf. Teachers try to incorporate wellness into all activities.
 - c. Nurse Activities-They do on-going dental checks. They did Sun Safety with third graders. They do body image talks. Jackie gave some background on the measles.
 - d. Healthy Habits Challenge-Mrs. Staudt leads this. Each month is a different focus. There are not a lot of participation numbers.
 - e. Community Service-Students participate in both a fall and spring clean-up in the communities. They also cleaned up at the ball fields. They cleaned up trees as a part of Earth Day. The National Honor Society held a Blood Drive and participated in Meals for the Heartland.
 - f. Mileage Club-They are not participating now. This is something to look into doing in the future at the Collins Building.
 - g. Other Opportunities-Mrs. Davis's 5th grade class does the Hy-Vee Kids Fit Challenge.

4. Areas We Need to Access

- a. Nutrition State Site Review Next Year-A date has not been set yet. They usually give you 30 days to get ready. There has been food tasting (fruits & vegetables) that has happened in the past. Sheila mentioned giving that a try again next year.

5. Summer Meals & Meals for Next Year (4-Day School Week)-The flyer is going home today for summer meals sponsored by Story County Medical. The administrative team is meeting with Barb Mittman from Nevada Food at First next week to discuss the meal drop off plan that will happen at both the Collins School and the Maxwell School starting in the fall.

6. Food Pantry Update-Marc has been working with Food Bank of Iowa to get the Food Pantry up and running again in Maxwell. Staff have been trained as facilitators. The room has been established and set up. Food Bank of Iowa will be inspecting this room on May 16th. We are close to having this ready to go.

7. Public Involvement-Students attended this meeting, along with staff. We will work to invite parents in the fall.

8. Look Ahead to Next Year-Nurse, Jackie Lewis, mentioned that she is working with a couple of organizations to provide bike helmets for students next school year.

9. Feedback/Input/Questions-None