

Wellness Committee Meeting Agenda
Wednesday, November 19, 2025 @ 7:30 a.m.
Maxwell Meeting Room
Virtual Option Offered

Wellness Committee Members Present: [Marc Snavelly \(Superintendent\)](#), [Lori Fricke \(Middle/High School Principal\)](#), [Aliyah Kralik \(Elementary Principal\)](#), [Ashley Jensen \(Curriculum Director & Parent\)](#), [Katie Oswalt \(Board Member & Parent\)](#), [Dawn Pasquariello \(Board Member & Parent\)](#), [Jackie Lewis \(School Nurse & Parent\)](#), [Greg Davis \(MS/HS P.E./Health Teacher & Coach\)](#), [Troy Hogue \(MS/HS P.E. Teacher/AD & Coach\)](#), [Lauren Svejda \(Elementary P.E. Teacher\)](#), [Jayden Peters \(HS Student\)](#), & [Seth Bell \(HS Student\)](#)

Agenda:

1. Welcome/Introductions-[Snavelly welcomed everyone and thanked them for attending.](#)
2. Review Wellness Policy-[507.9-Snavelly referenced the Wellness Policy which is within Board Policy 507.9. Snavelly mentioned that the Wellness Committee is required to meet twice a year.](#)
3. Discuss Goals-[Wellness Goals were discussed: #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 Present Wellness Activities (2025-2026)
 - a. [Food Classes-Intro. \(My Plate\), Nutrition Balance. In the upper classes, trying out different cuisines-Straight forward & healthy. In the elementary, doing the Hy-Vee Kid's Fit Challenge in kindergarten and 5th grade.](#)
 - b. [P.E. Activities-Weight & Speed Program w/Goldfinch in the high school. In the elementary, the Kid's Heart Challenge will take place in February & March.](#)
 - c. [Nurse Activities-Story County is coming in to discuss good snack options w/kindergarten. February is dental month. Jackie is working with a dental office to have them come in to talk about oral health & hygiene. Story County will also be coming in during the spring to do sun safety. Jackie also has Blank's Children's Hospital scheduled to come in to talk about](#)

bike safety. They hand out free helmets to students. Sexual health education is done in 5th grade. YSS has come in through guidance classes.

- d. Food Service-Nutrition Audit is this year. The DE will be on-site in December. For breakfast, they are trying out smoothies.
 - e. Outside School Activities-Possibly doing a Staff Healthy Challenge in January
 - f. Community Service-Did not do a Fall Clean-Up Day but planning to do one this spring
 - g. Mileage Club-This takes place at the elementary on Tuesdays and Thursdays. Students can do a 5K, 10K, & Half-Marathon. Prizes are earned along the way. 98 students have achieved a 5K, 52 students have achieved a 10K, and 21 students have achieved a Half-Marathon. 10 Staff Members have achieved a 5K, 5 Staff Members have achieved a 10K, and 3 Staff Members have achieved a Half-Marathon.
 - h. Other Opportunities-They are doing the Battle of the Classes with Middle/High School Students. There will also be doing an Elementary Track Meet this spring at the track in Maxwell.
5. Triennial Assessment/Nutrition Review/Audit-This will take place in December.
 6. Brian Mendler Presentation Recap-The staff thought it was a different kind of fall kick-off. Staff from Collins-Maxwell, Colo-NESCO, Baxter, and GMG all attended. Brian brought a lot of energy and got you to think outside of the box.
 7. Online Safety Education/Cell Phones/Mental Health-The Suicide Prevention Presentation sponsored by the Redshirt Foundation was excellent. Mental Health touches a lot of people around us. New cell phone policy has been positive. Students have to be trained for the work force on how to properly use cell phones. We are more proactive now.
 8. Vaping Education-Some vaping education/posters have been done in Mr. Davis's classes in the past. Have had a speaker in the past as well. Need to keep a focus on vaping education.
 9. People to Possibly Add to Wellness Committee-Ms. Fricke mentioned that it would be nice to have a student from every grade level on this committee.
 10. Input from Wellness Committee-It was recommended that we maybe need to do scooter safety along with bike safety. Scooters are growing in popularity.

11. Set Spring Meeting Date-This will be set at a later date and communicated out to the group.