

Wellness Committee Meeting Agenda

Friday, January 31, 2025 @ 7:30 a.m.

Maxwell Meeting Room

Virtual Option Offered

Wellness Committee Members Present: Marc Snavey, 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.