

Wellness Committee Meeting Agenda

Thursday, May 7, 2026 @ 7:30 a.m.

Maxwell Meeting Room

Virtual Option Offered

Wellness Committee Members Present: Marc Snaveley (Superintendent), Lori Fricke (Middle/High School Principal), Aliyah Kralik (Elementary Principal), Sheila Anderson (Food Service Director), Lauren Svejda (Elementary P.E. Teacher), Sonya Staudt (English Teacher), Ashley Jensen (Curriculum Director), Troy Houge (P.E. Teacher/Athletic Director), Dawn Pasquariello (Board Member), and Katie Oswalt (Board Member)

Agenda:

1. Welcome/Introductions
Marc welcomed everyone and thanked them for their attendance at the meeting.
2. Discuss 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
Marc reviewed the goals.
3. Review Past & Present Wellness Activities
 - a. Food Classes-N/A
 - b. P.E. Activities-January-Iowa Wild, Kid's Heart Challenge in February/March, CPR/Stroke Education, Secondary does weight training
 - c. Nurse Activities-5th Grade-Body Changes Education, CPR w/Juniors
 - d. Food Service-Fruits/Vegetables/Smoothies taste testing, students tried red pears and kohlrabi
 - e. Outside School Activities-Mid-Iowa Run Club w/Coach Meinerts, Walk-a-Thon Fundraiser
 - f. Community Service-The secondary did one on Arbor Day.
 - g. Mileage Club-26 students completed the marathon and 38 students completed the half-marathon.
 - h. Other Opportunities
4. August Kick-Off Speaker-V.J Smith, author of *The Richest Man in Town*, will be the kick-off speaker for beginning of the school year on August 18th.
5. Areas We Need to Access
 - a. Physical Education-NA
 - b. Nutrition-Done This Year-State Site Review (5-Year Cycle)
 - c. Public Involvement-It would be nice to add a parent to the committee.

- d. Physical Activity-NA
 - e. Monitoring & Evaluation of Programs-NA
6. Classroom Clinic Update-Several students have signed up and are being served in the elementary. This is going well!
 7. Other Topics of Discussion for the Wellness Committee-Mrs. Staudt mentioned that it would be nice to do more staff wellness activities. Mrs. Jensen asked how we could set things up for students to want to try more fruits and vegetables. It was mentioned to do more education before they get in their lunch line.

Adjourn