



Wellness Committee Agenda

October 25th, 2018

3:30 – Conference Room

Members	Position	Attendance
Megan Showalter	Health Service	Present
Randy Vetsch	Director	Present
Brittney Shoepfoester	Assistant Director	Present
Tammy Evenson	Food Service	Present
Aaron Schwenzfeier	Lead Athletic Coach	Absent
Missy O’Connell	K Teacher	Present
Jennifer Mitchell	5 th Teacher	Present

Guest: Allison Dudek – Stearns County Public Health Division

Agenda Item	Discussion	Notes
Review Athlos Health and Wellness Policy	Minutes need to be posted on website, Megan will send to Camille	Handed copy out to all present.
Introduce: Allison Dudeck Stearns County	<p>*SHIP grant can help with increasing physical activity, nutrition, establishing snack cart, smarter lunchrooms with behavior economics, fitness club, community garden. Allison can help with grant applications for other grants also.</p> <p>Allison shared example of an action plan template for school wellness policies.</p>	<p>*Ideas include: celebrations from cupcakes to other ways of celebrating. Peaceful playgrounds, soccer nets, basketballs & recess equipment, walking path with signs, running club, indoor recess items, indoor obstacle course. Switch from Cherrydale to Walk-A-Thon. CentraCare for Walk/Bike/Fun trng & bike fleet to borrow. Locked lockers for each grade level outside with grade level equipment.</p> <p>*Randy & Britney will complete the school assessment online, then we can discuss specifics with Allison school priorities in using grant funds.</p>

Review Wellness Committee board/members		No takers.
Open Discussion	Aaron is putting together weight room training for staff to use on their own.	
Next meeting	November 15 th 3:30	

Meeting adjourned at: 4:10