

# Wellness Committee Meeting

November 8, 2017

Present: Mary Sinclair, Del DeBerg, Sherry Scherr

Absent: Corey Peterson, Jodi Anderson (excused), Beth McRae (excused), Jeff Azrt, Sarah McAdams (excused), Becca Radcliffe

**Wellness Policy:** As of June 30, 2017, the Final Rule of the Healthy, Hunger Free Kids act came into effect and mandated that all Local Wellness Policies be updated to reflect new federal requirements. The Wisconsin Obesity Prevention Initiative is seeking to reevaluate all updated LWP to track positive changes in LWP quality across Wisconsin since the Final Rule came into action. A copy of our Wellness Policy was submitted for evaluation. This evaluation can be used to help fulfill the triennial assessment requirement that was included in the LWP Final Rule.

The Wellness Committee began the triennial evaluation of our Wellness Policy and will be delegating parts to appropriate staff for compliance assessment.

- It is noted that we need to continue to seek membership from family and community members. This will be accomplished through the District Facebook Page and the Newsletter.
- A representative from the high school student council will also be invited as a committee member, with plans to expand to Junior High next year.

The completed assessment will be made available on school website.

**Staff Wellness:** Wellness Grant sponsored by WCA Group Health Trust, they require a letter requesting the grant and what the \$\$ will go towards. This grant was previously used to purchase snowshoes for staff check out.

**Student Wellness:** 6<sup>th</sup> grade immunization clinic was held to assist students in compliance with required TDAP immunization. Students were also offered TDAP, HPV, and Meningococcal vaccinations with signed parent consent.

Mrs. Scherr will be offering a fitness challenge to Mindoro grades 3-5 (done every 3 yrs.). Mr. DeBerg will look into local grants to provide incentive prizes.

It is noted that there is a slow decrease in the use of food/candy for rewards in classrooms, along with an increase in using activity instead (Go Noodle, extra recess time). Committee is considering a survey to share success stories in utilizing nonfood rewards.

**Community Wellness:**

The high school track is being used weekly in the evening by community running club.

An influenza vaccination clinic open to the community was held at the high school October 18, 2017.

**Action Plan:**

Invite high school student council representative – Mr. DeBerg

Investigate funds for Mindoro Fitness Challenge – Mr. DeBerg

Delegate policy compliance assessments – Mary Sinclair

Request Facebook page, Newsletter, and Website postings – Mary Sinclair

Next meeting is 1/10/18 @ 3 p.m. in Mr. DeBerg's office.

Mary Sinclair RN

Wellness Coordinator