

## **Wellness Meeting SY 2023/2024**

**Thursday, February 8, 2024**

In attendance: See the sign-in sheet for roles.

Anna Hinkle, Chris Dingman, Katrina Dingman, Tina Baker, Lidia Haughey, Becki Neidens, Betty Neidens.

Not present: Penny Strain (teacher), Leah Vermeire (board member/parent), Ryanne Wiener (Kitchen Manager/ Head cook), Sampson Rich (PE teacher), and Dani Gilgen (District SRO).

Opening:

The USDA/WDE requires all schools participating in the NSL and NSB programs to hold a wellness meeting at least once per school year. The purpose is to promote a positive, safe, healthy learning environment.

The district's wellness policy outlines the approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity.

1. We went to the school website. Anna directed the committee to the location of the wellness resources available online. [Link](#) All wellness documents are on the far left when you scroll down.
2. Everyone received a copy of the FCSD #2 wellness policy. [Link](#)
3. We reviewed our district's wellness policy, goals and outcomes for the past school year, and the current wellness program policy report. [Link](#)
4. Together the group discussed new possible goals and goals to continue.

**Nutrition Goals:**

### **Goal-Get student participation on breakfast and lunch menus**

**Implementation:** Anna will send the survey to all middle and high school students. Once most have been returned, Anna and Ryanne will review the results and make changes to the survey suggestions as soon as possible.

**Projected Outcome:** Participation in the SNP will increase with more student input. We'd like to see less plate waste from students.

**Actual Outcome:** A student survey was sent to all 107 MS and HS students. We had 48 responses. Five MS students and 43 HS. The results were summarized and will be presented at the next STUCO meeting. The students had several reasonable requests. We added them to the April menu.

### **Goal-FCSD #2 will promote ways to reduce the amount of sugar during class celebrations.**

**Implementation:** Find literature to hand out to elementary parents and put it on the school website. Consider providing material to the teachers to hand out during parent-teacher conferences.

**Projected Outcome:** Provide nutritional education to families to promote a healthier atmosphere. Less sugary treats in the classroom.

**Actual Outcome:** The *Healthy Treats for Class Celebrations* link was added to the website.

[Healthy treats for class celebrations](#)

[Healthier Generation classroom party resources](#)

[USDA Smart Snack Guide](#)

**Physical Activity and Education Goals:**

**Goal-FCSD #2 will participate in the Kids Heart Challenge annually**

**Implementation:** The PE teacher will continue to enroll in the Kids Heart Challenge each school year and help students set individual and school goals. Staff will promote the participation of students in the challenge.

**Projected Outcome:** Individual and school goals will be met. While enjoying fun activities, students will discover ways to maintain a healthy heart while practicing kindness and gratitude.

**Actual Outcome:** The students participated in the Kids Heart Challenge during the 23/24 school year. The students made 51% of their goal raising \$4208.19. On the celebration day, students and staff rotated to different stations to challenge their physical abilities. HS students were paired with elementary students in groups.

**Goal-FCSD #2 Wellness Policy will be updated to reflect that physical activity will not be used as a punishment.**

**Projected Outcome:** Physical activity will be seen as a positive addition to a healthy lifestyle.

**Implementation:** The district wellness policy will be reviewed and updated during the 23/24 school year. Once the board approves it, the updated policy will be added to Board Docs. Anna will send a digital copy to all staff to review before the beginning of the 24/25 school year.

**Actual Outcome:** The district Wellness policy was updated and sent to Steve for review. It will then go to the board for approval. Once approved, the updated policy will be uploaded to Board Docs for the public. A new copy will be uploaded to the website also.