

# District Wellness Committee

**Wellness Meeting Date:** Thursday, February 8, 2024

**Meeting Time:** 4:30-5:30pm

**Meeting Place:** Administration Building

**Attendees: Committee Members, Open to the Public**

(highlighted = in attendance)

## **Committee Leaders:**

Melissa Alley Food Service Director

Erin Kavanagh Director of Student Services

## **Committee Members**

Joel Stoner - Superintendent

Teresa Converse - High School Counselor

Hannah Vanderwall - ECC SSW

Michael Graham - High School PE Teacher

Kim Degraaf - Appleview School Counselor

Katherine Ley - Appleview Teacher

Amy Soumis - Ridgeview Counselor

Sarah Cline - SMS KSSN Coordinator

Nicole Aldrich - Parent/Community member

Kristen Burleson - Parent/Community member

Ashley Rozeveld - Parent/Community member

Ashley McCarty - Parent/Community member

Kari Balcom - Parent/Community Member

Sarah Spittler - Parent/Community Member

Andy Jensen - Board Member/Community Member

## **Agenda-**

- Welcome everyone/Introductions
- Celebrations / Updates:
  - Website Additions:
    - [Student Services](#)
      - Wellness Wednesday Flyer - resources for teachers to promote social and emotional well-being for themselves and the classroom - posted on our website
      - Wellness Wednesday - Spartan News weekly segment for students - posted on our website
    - [SAS Wellness Committee](#)
  - Parent/Guardian and Staff [survey results](#)
  - Community Workshop Series
    - Planning with KSSN
    - Goal to have one before end of the school year and 2-3 next year
    - Catchy name?
  - Spartan Strength & Performance program
    - Expanded opportunities for middle schoolers - grown from 20 to now averaging around 40 student-athletes
    - High school level - averaging around 50 athletes for our large group training sessions and usually have a crowded weight room every day after school.
    - Graham is working on submitting the application for the "Milk Means More" grant that provides schools with funds to purchase milk for up to 3 years. If we receive the grant, the milk will be given to our students as a post-workout recovery drink.
- 2019 - 2024 [Strategic Plan](#)
  - [Wellness Practice & Programs](#) to address the goals below
  - Goal 1: Educate staff, students, and parents/guardians around mental wellness in order to promote social and emotional well-being.
  - Goal 2: Promote positive student attendance, increased student achievement, and improve student

- mental/emotional well-being.
- Goal 3: Promote the healthy, appropriate use of technology (digital devices) by staff and students.
- Local Wellness Policy goals / Focus Areas (Melissa)
  - We are meeting Local Wellness Policy requirements and goals
    - Nutrition Promotion and Education Goal(s):
    - Physical Activity Goal(s):
    - School-based activities to promote student wellness goal(s):
    - Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):
    - Guidelines for other foods and beverages available on the school campus, but not sold:
    - Marketing and advertising of only foods and beverages that meet Smart Snacks:
  - [Triennial Assessment of Local Wellness Policy](#)
  - [SAS Wellness Committee webpage](#)
  - Smart Snack standards
  - Committee comments:
    - We are on track with the policy
    -
- Upcoming Committee Meetings - 4:30-5:30pm in the Central Office Board Room
  - April 24th
- Comments/Questions