

# Wellness Committee

May 22, 2025

## Meeting Minutes

Present: Lisa Archey, Lisa Bergkoetter, Kyle Docken, Darci Gontarski, Kate Gregory, Nicole Lusk, JD Wheeler, Frank Wozny, Rachael Wright

### 1. Reviewed BP 8510

- Food Pyramid should be replaced with MyPlate (updated language).
- HHS holds an exemption for Tuesday's and Thursday's for DECA store sales in terms of meeting USDA Smart Snacks in School guidelines.
- Update the policy to meet every 3 years.
- Health and PE curriculums still meet requirements
- Student Nutrition still meet requirements

### 2. Current Best Practice Initiatives

- Swim team invites a dietician to meeting with students each year
- Health class sends home a heredity risk factor worksheet to be completed with parent(s)
- School support a field day each year
- Mileage club at the elementary level
- Girls on the Run at the elementary level
- High school after school workouts w/ Chez
- Legacy offers walking club for students and staff
- HS teachers offered opportunities to participate in staff competitions such as cornhole, home run derby, etc
- Offered a "boot camp" for staff but only 10 showed interest

### 3. Upcoming Best Practice Initiatives

- HS to offer walking club during seminar time
- Bulletin board near athletics to promote healthy eating and lifestyle habits
- Other

Future meetings: Early fall of 2025