

Wellness Policy Meeting Minutes

Annual Meeting held on December 17, 2019 @ 2PM in the CEO office.

Members Present:

Shelly Anderson, Head Cook – did not attend due to head cook conference

Shelley Haggerty, Principal

Christopher Folk, CEO/Business Manager

Kelly Wollschlager, Physical Education Assistant Teacher

Andria Rabe, Parent/School Board/Community Member via teleconference

Jenna Haugen, Sixth Grade Student

A welcome was bestowed upon all the committee members present. All committee members were present. The committee read the current wellness policy and had discussion afterwards.

A local wellness policy (LWP) checklist was discussed by the committee and all requirements were met. This checklist will be attached to these minutes.

The school district website will list the Wellness Policy, names of the committee members, and minutes from the annual meetings.

Implementation Assessment: (How were our goals met last school year and what are our goals for this school year)

- The following goals that were met last school year, 2018-2019, and are also the goals for the current 2019-2020 school year. Listed below are the goals, but not limited to:
 - Every day at the lunch line the school's head cook encourages and teaches the students about nutrition. New fruits and vegetables that are offered are mentioned to the students as they pass through the line. Done daily.
 - Nutrition sheets are given to each school teacher by the head cook if there are any new food items that have not been used before. The school teachers will then teach the students about the new food item and its nutritional importance. This is done throughout the school year.
 - Safe Routes to School Grant was completed several years ago that enhanced the ability for students to walk and ride bike to school by constructing more sidewalks to and from school grounds. This is an ongoing push for our students and also benefits the public for wellness.
 - School wide back to school event (ex. pool party, roller skating or ballfield) done in August before school starts for one day. Fresh Fruits and Vegetables are served for those new and returning students.
 - School wide Bonanza Retreat Center on Big Stone City Lake. Grades K-8th grade participate. Field trips are scheduled twice/year, Fall and Spring, one day events.

- The school participates in Winter Olympics. Random activities to promote fun and exercise are done in the gymnasium. This is done for one day during the winter.
- K-8 hiking at refuge in Ortonville MN. This is done during the fall for one day.
- Hiking at Hartford Beach (K and 5th grade). This is done in the fall or spring determined by the teacher for one day.
- Jump Rope for Heart is done through the physical education class. This is done during the month of March for approximately two weeks.
- 4th Grade Black Hills Trip, which promotes walking and hiking. This trip is in the spring of the year and is one week in duration.
- This fall 2019, the middle school science classes had a section on first aid/CPR. Through a grant the school was given a set of training dummies that are utilized in the classroom. Duration of this section is around 1 week.

The next wellness policy meeting will be held next fall 2021 if major updates to the policy are needed. Otherwise the policy will be reviewed formally every 3 years per the new policy revisions made final in February 2020. The committee will continue to discuss areas of improvements and recommendations for the school's wellness policy throughout the school year if applicable.

Minutes drafted by Christopher Folk, CEO/Business Manager of the BSCS