

# Wellness Meeting

Annual Meeting held on 11/26/2017 @ 10AM

## Members Present:

Shelly Anderson, Head Cook

Christopher Folk, CEO/Business Manager

Jennifer Cronen, Physical Education Teacher

Andria Rabe, Parent/School Board/Community Member

Jacob Cloos, 7<sup>th</sup> Grade Student

## Members Unable to Attend:

Shelley Haggerty, Principal

A welcome was bestowed upon all the committee members present. All committee members were present except for Ms. Haggerty who had to attend a school conference. The committee read the current wellness policy, with additions provided by the CEO/Business Manager Mr. Folk 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, 2016-2017, are, 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 roughly two 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 Pool Party 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.
- 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.
- The school's gym classes had a section on ZUMBA. Duration of this section as around 1 week.
- ROAR Rewards (MTSS Program); at the initial staff in-service of the school year, discussions and a decision is made to select the ultimate ROAR reward at the end of the year. Students work throughout the year for this goal by earning ROAR cards and for the 2016-2017 school year the reward was roller skating at the Sioux Historic in Ortonville MN.
- The goals from above rollover to the current school year, 2017-2018, some changes to our goals are as follows, but not limited to:
  - Fuel Up To Play 60 will be implemented this year. Our physical education teacher and head cook attended a conference on this in the fall of 2017.
  - ROAR Rewards (MTSS Program); at the initial staff in-service of the school year, discussions and a decision is made to select the ultimate ROAR reward at the end of the year. Students work throughout the year for this goal by earning ROAR cards and for the 2017-2018 school year the reward will be a day of activities, such as basketball, racquetball, swimming, etc., at the Unity Square in Milbank.

The next wellness policy meeting will be held next fall 2018. 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

Local Wellness Policy Checklist

	Wellness Policy Requirement	Areas of Improvement/Recommendations
<input checked="" type="checkbox"/>	1. The District has a current wellness policy.	
<input checked="" type="checkbox"/>	2. The District wellness policy has goal for nutrition promotion.	
<input checked="" type="checkbox"/>	3. The District wellness policy has goals for nutrition education.	
<input checked="" type="checkbox"/>	4. The District wellness policy has goals for physical activity.	
<input checked="" type="checkbox"/>	5.	
<input checked="" type="checkbox"/>	6. The District wellness policy has nutrition guidelines for all foods available at the school.	
<input checked="" type="checkbox"/>	7. The nutrition guidelines promote student health through other school-based activities.	
<input checked="" type="checkbox"/>	8. The District has designated at least one official charged with responsibility to ensure each school complies with the LWP requirements.	
<input checked="" type="checkbox"/>	9. The District permits involvement of the following people in the development, implementation, review, and modification of the wellness policy: 1) parents, 2) students 3) school food service staff, 4) teachers of PE, 5) school health professionals, 6) school board, 7) school administrators, 8) general public	
<input checked="" type="checkbox"/>	10. The District informs and updates the public on the content and implementation of the wellness policy.	
<input checked="" type="checkbox"/>	11. The District has a system in place to periodically measure the implementation of the wellness policy.	
<input checked="" type="checkbox"/>	12. The District makes the wellness policy implementation assessment available to the public and address: A. The extent to which the school in the LEA are in compliance with the local school wellness policy. B. The extent to which the LWP compares to model local school wellness policies. C. A description of the progress made in attaining the goals of the LWP.	