



Winter 2023 Wellness Committee Meeting - MINUTES

Wednesday, February 15, 2023 | 7:15am

Bondurant-Farrar Intermediate School Library

In Attendance: Amy Muench, David Walker, Chad Carlson, Joyce Higgins, Nicole Van Houten, Maddie Beeler, Kevin VanderLinden

Welcome

- A brief welcome was given.

Full Audit Update

- Dave Walker shared that a state consultant visited the district in January to conduct a full audit of our school nutrition program. Walker shared that the consultant was overall very happy with several components of our program, including wellness, menus, staffing, food safety, and the kitchens. Several improvement areas were identified, such as adding more peanut butter to sandwiches, adding another slice of deli meat to sandwiches, and increasing carbs in the macaroni and cheese dish, but overall there was not much that needed to be changed. This audit was rescheduled from 2020 (postponed due to COVID); the next full audit will take place in five years.
- Chad Carlson asked about current food service staffing. Walker shared he's a little understaffed at the moment and is looking for people to help fill positions for the remainder of the year (Morris and Junior High).

Wellness Policy Review

- Walker shared that it was identified during the audit that our wellness policies were due for formal review and board approval. An internal group met to review current policies; updates were made based on IASB recommendations. Current BF policies, 507.13E1, 507.13E2, & 507.13E3 will be combined into one regulation policy (507.13R1). Due to previous change, the following other policy numbers will be adjusted: 507.13E4 to 507.13E1, 507.13E5 to 507.13E2, 507.13E6 to 507.13E3, 507.13E7 to 507.13E4. The first reading of the redlined policies went before the board on Monday, February 13, 2023; they will go before the board for final approval during the February 27, 2023 meeting.
- Carlson shared that buildings were consulted with when reviewing the policies for specific items, such as confirming the amount of time students get for P.E. and recess daily.
- Kevin VanderLinden gave a brief update about changes made to the Intermediate Building for outdoor recess. Examples included: safety arms for traffic flow during the school day, four square and basketball areas, freshly poured blacktop areas, and using the junior high softball outfield for kickball and soccer. Although there are no playground "structures," the students



are enjoying what is available and the administration is starting to talk about what structures could look like down the road. Carlson mentioned that VanderLinden and Mike Kramer did an excellent job of researching and identifying what the 5th and 6th grade kids would want to have.

General Wellness Updates

- Carlson shared an update regarding a district wide CPR opportunity. On Monday, February 13, the board approved a plan to have two of our nurses train staff in CPR. The plan includes a stipend (\$50) to complete the training, as well as to pay for their certification card. Additionally, the nurses will receive \$30/hour to teach the training, as they will take place outside of contract hours. The initial proposal to the board was to have 8-12 people/building trained, but the board showed tremendous support and wants to make it possible to train anyone who wants it. Joyce Higgins shared that it could cost anywhere from \$75-\$150 to complete CPR training off site.
- Amy Muench shared that we're in the second week of the CatchLife Programming. We currently have 38 staff members participating. Similar to last year, this program was offered at no cost to staff.
- Muench shared that survey results indicated that staff would appreciate walking maps (indoors and outdoors). Walking maps are an initiative we hope to complete this spring.
- Muench shared that updated gym discounts have been added to the staff intranet site.
- Carlson shared that discussions are still taking place regarding what to do with the fitness room at the Intermediate Building.
- Walker shared that tomorrow's menu item is pizza burgers. The beef used was produced locally and \$4,000 worth of beef was purchased by a grant. Walker also shared that he was able to purchase \$4,000 worth of apples produced by an orchard in Story City.

Old Business

- Carlson shared that we are still discussing plans for the school garden, most likely looking to downsize and will be looking for external help. Maddie Beeler expressed interest in helping with the school garden. Nicole Van Houten shared there might be an opportunity to partner with the city in the fall during the annual tree sale and plant swap.

Committee Feedback/Upcoming Events

- Van Houten shared several upcoming city events, which include the Live Healthy Iowa 5k and 1k, Keep Bondu Beautiful on Earth Day, and the Bondurant Fishing Derby. Van Houten also shared that there were over 120 registrants for the Chowder Ride on February 11, 2023. She



plans to publish a poll to Bondurant residents to gauge interest in an open gym of sorts. She also mentioned that she is happy to partner with BFCSD however possible to help support wellness initiatives.

Next Meeting

- The next meeting will be scheduled sometime in May 2023. We will have our annual progress report review at that time.