

Wellness Committee Meeting

Tuesday, May 4, 2021

7:15am

Google Meet - Virtual Meeting

Meeting ID

meet.google.com/tvt-zxoa-xnb

In attendance: Chad Carlson, Dave Walker, Amy Muench, Joannie Sanger, Joyce Higgins, Kevin Vander Linden, Leslie Foley, Nicole Kennedy, Lori Mathis, Ryan Kirkpatrick, Stacia Sanny, Tessa Simpson.

Review School Wellness Progress Report for 2020-2021

- The group reviewed the pre-drafted progress report and shared updates on specific items as necessary.
- Tessa Simpson shared that PE during virtual learning looked different, with PE just one day a week instead of the normal three; students were challenged to build their own workouts and focused on goal setting.
- Kevin Vander Linden and Joannie Sanger shared that both Anderson and Morris elementary teachers have incorporated "brain breaks" to encourage movement for their students during the day.
- Nicole Kennedy complimented the district on their communication to parents this year, despite challenges with COVID-19.
- Dave Walker discussed the new Food and Nutrition Facebook page and gave kudos to Lisa Kelderman who has been the driving force behind that platform this year.
- Chad Carlson and Dave Walker acknowledged that this year's progress report is similar to last years', mainly in part to the challenges this academic year brought.

2021-22 School Year Preview Discussion

- Amy Muench shared that we are up for a full policy review during the 2021-22 academic year.
- Amy Muench shared that wellness efforts could be fairly similar again if the next school year is structured similar to this year due to COVID-19.

New Business/Committee Feedback

- Amy Muench reported updates to the staff wellness intranet.
- Amy Muench reported plans of establishing wellness "champions" at each building to help lead the wellness charge and drive programming for each building.
- Chad Carlson shared the challenge administrators are participating in called "Catch Life." Carlson said the admin. Team is researching ways to offer these challenges to all staff.
- Joannie Sanger suggested a staff survey be sent out to assess interest in an after school, on-site exercise class for staff.
- Nicole Kennedy reported Live Healthy Iowa (LHI) programming will remain their typical challenges (Burst Your Thirst, Next Step, and the 10-Week Challenge). Kennedy also reported LHI is working on new youth wellness opportunities.
- Stacia Sanny reported she'd like to continue participating in food box pick-ups with the Food Bank of Iowa.