



Spring 2023 Wellness Committee Meeting - MINUTES

Wednesday, May 10, 2023 | 7:15am

Bondurant-Farrar Intermediate School Library

In Attendance: Amy Muench, Chad Carlson, Joyce Higgins, Kevin VanderLinden, Nicole Kennedy, Leslie Foley, Rebecca Stein.

Welcome

- A brief welcome was given.

Review/Discuss 2022-23 Year + Progress Report

- Amy Muench presented and asked for feedback on the 2022-23 annual progress report. Several updates were provided by Rebecca Stein and Kevin VanderLinden. Other components of the report need additional committee feedback. Muench will collaborate with others as necessary, then will finalize and publish the document.

General Wellness Updates

- Chad Carlson shared the hiring of the new food service administrative assistant, who will replace Karen Miller when she retires this summer. Carlson also shared that Dave Walker's position will soon split into two roles (Facilities Director and Food Service Director); Walker will serve only as the Food Service Director. There is much excitement about the split and opportunity for Walker to focus solely on the nutrition program.
- Muench shared that 56 staff were trained in CPR between January and April 2023. There is a good balance of trained staff across buildings and departments. Special shout out to Joyce Higgins and Dori Williamson who lead the training sessions. Higgins and Williamson would like to continue offering monthly training during the 23-24 school year, which might include CPR and First Aid options. Details on those opportunities will be shared once confirmed. Carlson complimented our school board for encouraging and approving the CPR training opportunity for staff. He also shared that the district will be purchasing several new AEDs this summer to ensure every building has two. The district is also considering outsourcing AED maintenance (similar to fire extinguishers) to ensure compliance and inventory of supplies.
- Muench shared that the district submitted an application to win a DON'T QUIT Fitness Center, a \$100,000 value, from the National Foundation for Governors' Fitness Councils. The video application was shown to the group, which showcased the current facility at the Intermediate School, along with several Intermediate School students, teachers and administrators. Winners should be announced soon.



Committee Feedback/Upcoming Events

- Nicole Kennedy shared that Live Healthy Iowa has several upcoming events at the Bondurant-Farrar Football Stadium. The local Live Healthy Iowa track meet is Sunday, May 14 and the statewide Live Healthy Iowa track championship meet is Saturday, June 17. Kennedy is excited to host the state meet in Bondurant and is looking for volunteers to assist with the event.
- Leslie Foley shared that there are several exciting events happening in Bondurant on Saturday June 3: the Fishy Derby, the Hillbilly Bike Ride, and Celebrate Bondurant.

Next Meeting

- The next wellness committee meeting will take place sometime in the fall of 2023. We hope everyone has a great summer!