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## Fall 2022 Wellness Committee Meeting - MINUTES

Wednesday, October 19, 2022 | 7:00am

Bondurant-Farrar Intermediate School Library

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In Attendance: Joannie Sanger, Lori Mathis, Nicole Kennedy, Rebecca Stein, Ruth Toomer, Stacia Sanny, Dori Williamson, Kevin VanderLinden, Tessa Simpson, Jenn Meyer, Joyce Higgins, Leslie Brant, Chad Carlson, Dave Walker, Amy Muench

### Welcome

- A brief welcome was given.

### Guest Speaker

- Maci Andersen, Community Health 5210 Coordinator at EveryStep, joined the meeting virtually. Andersen spoke about her role with 5210 and provided context about the program in general. She shared a variety of programming available and materials she can provide for teachers to implement in the classroom. Chad Carlson asked about print ready material we could send home with students to help bridge the gap between school and home; Andersen said she can provide or create something to fit that mold.
  - Program examples: healthier celebrations, fruit infused water stations, physical activity challenges, healthy choices count recipe/activity books
- The group expressed interest in posters and information for a newsletter.
- Amy Muench will confirm every building is a registered site.

### Full Audit Update

- Dave Walker shared that a full audit will take place in January 2023. The wellness policy will be reviewed, as well as the full food service program (menu, recipes, production, free and reduced, etc).

### Wellness Updates

- Healthiest State Month
  - Morris Elementary, Anderson Elementary and the Intermediate School all participated in the Healthiest State Walk during the first week of October.
  - Tessa Simpson shared that several teachers in the Intermediate School participated in the Hy-Vee FitKids Challenge.
- Flu Shot Clinic
  - Amy Muench shared that nearly 50 people received shots at the first flu shot clinic and close to 40 received shots at the second clinic.



- Wellness Survey
  - Amy Muench shared that the wellness survey was sent to all staff on September 16 and a total of 118 responses were collected. Quantitative results were shared with the group; a small committee was formed to review the qualitative data. The goal is to take feedback from the survey and provide opportunities for staff later in the school year.
  - Target Areas (per wellness survey):
    - Programming: Exercise, Stress Management, Nutrition
    - Screenings: Blood Pressure, Flu Shots, Nutrition
- Fall/Winter Programming
  - Amy Muench asked about offering a wellness program to staff. Rebecca Stein shared that it'd be nice to have another layer of accountability, since following a program online/using an app can be easy to ignore. Stein suggested offering something like nutrition counseling, where anyone interested could participate (similar to a 6-week book study). Ruth Toomer suggested making the program virtual, since scheduling and traffic tend to be a hindrance for people.
  - Muench will continue to review wellness survey results and work to implement something for staff.

#### School Garden

- Chad Carlson shared that the school garden was not operational during summer 2022, as we did not have a sponsor. Carlson asked the group to think about ideas to get it started again. There was great conversation about making it an outdoor classroom, the need for a food garden vs. a flower garden, involvement with the HS FFA group, plant science class, or HS students looking for Silver Cord hours, partnership with a local 4-H club, boy scouts, or the Bondurant Library, or summer camps. Stacia Sanny shared information about the ISU Extension office being a partner and resource for master gardeners in the area.
- The district will consider all options and work to get the garden operational again by summer 2023.

#### Committee Feedback/Upcoming Events

- Chad Carlson shared that the district is looking for funding opportunities to furnish the fitness room at the Intermediate School, which was remodeled a few years ago, with cardio equipment that staff could use, free of charge.

#### Next Meeting

- Amy Muench will coordinate and schedule the next wellness committee meeting in February 2023