



“To Live, To Love, To Learn, To Leave a Legacy”

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Wellness Committee Agenda and Minutes

Date: Wednesday, 9/20/17

Time: 3:30-4:30

Invitees: Emily Piller (LSN), Diane Moeller (Principal), Jill Amsberry (Pediatrician), Allison Dudek (Stearns Co. Public Health), Danielle Ritter (Nutrition), Kelly Meyer (Health Services), Jason Fleege (P.E.), Amanda Voigt (Teacher), Cortney Ryan (Teacher/Parent), Amy Opatz (Para/Parent), Katy Westlund (Parent)

Attendees: Emily Piller, Diane Moeller, Allison Dudek, Kelly Meyer, Amanda Voigt, Cortney Ryan

Materials Needed: Wellness Packet; Self Assessment Tool

Rotating Roles

Facilitator:	Agenda Maker:	Recorder:	Time Keeper:
Emily Williams	Kelly Meyer	Kelly Meyer	Cortney Ryan

Norms:

The purpose of this policy is to assure STRIDE Academy School provides a school environment that promotes and protects students’ health, well-being and the ability for optimal learning by supporting healthy eating, physical activity, and healthy student life skill/s development.

- Start on time and end on time.
- Be respectful.
- Stay on Task.
- Be an active participant.
- Come with a positive attitude.
- Assume goodwill and good intent from others
- Come with an open mind and an open heart.

Time	Item	Notes/Materials
5 Min.	Roles, Greeting, Agenda Review and Norms Review	In order to change we must be sick and tired of being sick and tired. ~Author Unknown
1 Min.	Follow-ups from last meeting	N/A; Last meeting was held in 2014-15 with creation of wellness policy. Review and update required every 3 years at minimum.
5 Min.	Discuss Our Aim & Field Questions regarding current policy	<p>Legal required to address nutrition through wellness policy; Emily provided a sample wellness policy from another school for our review</p> <p>North Shore Community School Wellness Policy</p>
30 Min.	<p>Complete School Health Index (SHI) & Overall Score Card</p> <p>Online Assessment Link</p> <p>Our reference number is: STRI449938</p>	<ul style="list-style-type: none"> ● Completed Module for Nutrition (see <i>attached score cards for further detail</i>). <ul style="list-style-type: none"> ○ Poor promotion of health options- make part of morning announcements; Announce next day options. ○ Additional discussion around staff as role models ○ Discussion around presentation and signage ○ Lack of communication between teachers and nutrition staff ● Completed module for Counseling/Psych/Social Services (see <i>attached score cards for further detail</i>). <ul style="list-style-type: none"> ○ Social worker new and defined role not yet shared with staff. ○ Issues with lack of protocols/processes in place ○ Catholic Charities no longer providing counseling. Unsure for reason. <p>Review:</p> <ul style="list-style-type: none"> ● Smart Snacks in Schools Standards handout ● Local School Wellness Policy Implementation

5 Min.	Staff Communication - <i>What needs to be communicated to staff</i>	Nothing at this time
5 Min.	Follow-ups/Items for Next Meeting/Outcomes/Process Check Next meeting will be scheduled via email. Rotating roles will be assigned.	<u><i>Will plan to complete Phy Education, Health Promotion for staff, and Family/Community Involvement at next meeting.</i></u> <i>Next meeting will be in October; Date TBD</i>
1 Min.	Appreciations, Best Lines, Closing	Thank you!