

Wellness Committee Meeting Minutes  
 Wednesday, May 30  
 2:15p.m. in Galva

Members Present: Jon Wiebers, Candi Graff, Lacey Vazquez, Justin Kinney, Randa Hoover, Jesse Barnett, Angie Lussman, and Mitch Lyon.

1. Reviewed current policy and goals. The committee reviewed the wellness policy and goals and recommended no changes.
2. Work through Local Wellness Progress Report – see attached report below
3. Suggestions for Staff Wellness
  - a. Committee suggested offering sometime of wellness activities for staff
  - b. Look into writing a grant for staff wellness incentives
  - c. Continue offering Flu Shots, blood work/blood panel to staff, look into expanding to Schaller-Crestland as well

## Local Wellness Policy Progress Report

**School Name: Galva-Holstein and Schaller-Crestland**

**Wellness Policy Contact: Jon Wiebers**

**Date Completed: 5/29/19**

This tool is to document progress in meeting the goals written in the district’s wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the “Contact Person” column identify the individual who can report on the goals’ progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

### Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<p><b>The school district will provide nutrition education and engage in nutrition promotion that:</b></p> <p>Is part of not only health education classes, but also classroom instruction in subjects such</p>	Jon Wiebers, Jesse Barnett, Randa Hoover		X		<p>Is part of health education classes, but also classroom instruction in science</p> <p>We have a school garden that students and student groups</p>	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.

<b>District Wellness Policy Goals</b>	<b>Contact Person</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
<p>as math, science, language arts, social sciences and elective subjects;</p> <p>Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;</p> <p>Promotes fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.</p> <p>Creates awareness of alternative food sources through the development of curriculum that supplies information on organic, non-organic, and natural foods that provide a basis for individual wellness decisions.</p>					<p>help with in planting, maintaining, and harvesting.</p> <p>Both districts have a salad bar that promotes healthy eating. Our school meals meet the DE guidance for whole-grain products.</p>	

Physical Activity Goals District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<p><b>1. Physical Education</b></p> <p><b>The school district will provide physical education that:</b></p> <p>Is for all students in grades K-12 for the entire school year;</p> <p>Is taught by a certified physical education teacher;</p> <p>Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,</p> <p>Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.</p>	Justin Kinney, Matt Best, Angie Lussman, and Mitch Lyon	X			<p>PE is offered to all students for the full year</p> <p>Certified PE teachers teach all K – 12 PE classes</p> <p>All students are included in PE classes regardless of disability or special health-care needs. If student needs alternative PE it is provided in alternative educational settings.</p> <p>Classes are structure to have vigorous activity for 50% of PE classes.</p>	Continue to provide Research and look at possibility of everyday PE for K – 8 students.
<p><b>2. Recess Daily</b></p> <ul style="list-style-type: none"> <li>• Elementary schools should provide recess for students that:</li> <li>• Is at least 20 minutes a day;</li> <li>• Is preferably outdoors;</li> <li>• Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and</li> <li>• Discourages extended periods (i.e., periods of two or more hours) of inactivity.</li> <li>• When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.</li> </ul>	Mike Richard and Sevond Cole	X				

## Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<p><b>1. Physical Activity and Punishment</b>            Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.</p>	Mike Richard, Bret Warnke, and Sevon Cole	X				
<p><b>Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)</b>            District Wellness Policy Goals</p>	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<p><b>chool Meals</b>  <b>Meals served through the National School Lunch and Breakfast Programs will:</b>            Be appealing and attractive to children;            Be served in clean and pleasant settings;            Meet, at a minimum, nutrition requirements established by local, state and federal law;            Offer a variety of fruits and vegetables;            Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,            Provide option of whole grain or wheat.</p>	Jesse Barnett, Randa Hoover	X				
<p><b>Food Marketing in Schools</b>            School-based marketing will be consistent with nutrition education and health promotion. The school district will:</p> <p>Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and            Market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water and pricing structures that promote healthy options in ala carte lines.</p>	Jon Wiebers	X				

**This institution is an equal opportunity provider.**