

# District Wellness Committee Agenda- Notes

**Date & Time – 1/23/19**

**Place – HS Culture Room**

Attendance- Kathy, Melissa, Beef, Sue, Deb, Briana, Bryan, Terri, Ann (virtual), Cate (virtual) (discussed needing an elementary representative)

## 1. Updates

Deb- Healthy fundraising is improving (idea packets were sent out), catering option for healthy celebrations is increasing a little (promotion can still continue), floater position has been posted.

N.10- Fundraising effort during and outside school hours meet the USDA's Smart Snacks in School nutrition standards. (currently scored a 2 in the SHI)

Kathy & Beef- PE curriculum is under review this year, PE staff are registered for upcoming Standards and Benchmarks training

PA.15- Professional development for physical education teachers (currently scored a 1 in the SHI)

Bryan- no update on elementary birthday celebrations but will connect with Josh on this. Survey will be sent to students/staff and results shared with the committee in the near future.

Briana- SHIP has some minor funding to help with various initiatives

## 2. Review/discuss grant agreement

Terri- \$5,000 will be available per year to aid with wellness initiatives that the committee discusses and is tied back to the SHI planning tool. SHI modules completed are attached to the wellness notes so that everyone can visually see how teams responded to the questions. This planning tool should really be the driver in activities that the group comes to consensus on for actively pursuing.

\*\*\*A request for what other districts are pursuing for their grant funding will be included in next month's district communication and can be shared with the wellness team

\*\*\*Beef volunteered to set up a google folder for all documents that the wellness committee can then access the platform staff are comfortable using

Bryan & Sue- Climbing Wall in the amount of \$12,000 is being discussed as to what the \$5,000 will be put towards this year. It will be accessible for the middle/elementary/ALC and out of school time students. Other grant sources are being looked at to cover the additional expense.

PA.10- Promote community physical activities (currently scored a 0 in the SHI)

PA.19- Availability of before-and after-school physical activity opportunities (currently scored a 2 in the SHI)

PA. 21- Adequate physical activity facilities (currently scored a 1 in the SHI)

Bryan will work with Terri on getting this completed ASAP. No funding should be used until the agreement is fully executed.

### 3. Evaluation

Ann & Cate- joined meeting by SKYPE and shared a little on required evaluation (MSS, CDC Profiles Survey, and pre/post knowledge and skills test, and opportunity to expand on district driven initiatives)  
Storyboards were also shared (example attached)

### 4. PD event in May

CDC will be offering a 2.5 day training on the topics of stakeholder engagement, health equity, SEL, and mental health in Chattanooga, TN. The dates of the training are 5/1-5/3. Minnesota is allowed to bring up to 5 staff, and Terri is committed to prioritizing district level staff within the 8 partnering 1801 districts. An application to attend will be mailed out in Feb. and Bryan will share with the entire wellness team. Expenses of airfare, meal per diems, lodging, and mileage will be covered.

### 5. Other

Melissa- Would like to see how school health services can fit into the wellness committee. Exploring the idea of getting health emergency plans put into place and staff CPR trained. Will discuss at next wellness meeting.

Deb- Also has a high need for training for food service staff in first aid, particularly choking.

Beef- as noted previously volunteered to set up a google docs folder for wellness committee materials

Terri- will provide follow up with SHI modules. (attached) but also any team member can access the online portal as shared previously.

Welcome Cass Lake-Bena School District Team Member!

Thank you for registering to use the School Health Index (SHI). This interactive tool is designed to help you conduct a clear, complete and consistent analysis of School Health curricula. This tool can be used to enhance, develop, or select appropriate and effective school health curricula using national standards for high-quality school health programs.

Your reference number for SHI is: **Cass866437**

To access your team's assessment, click the link below or go to [SHI Online](#) and enter this reference number. **Please keep this reference number in a secure place for future entry into the interactive SHI tool.**

[Access your team's assessment now](#)

**Next Meeting:** Wednesday, March 13<sup>th</sup>