

Wellness Policy Meeting
Thursday, January 3, 2019
Minutes

The meeting was called to order at 3:15 p.m.

In attendance: Kristi Anderson, Dave Hansen, Ryan Highberg, Joe Mavencamp, Mark Redemske, Adam Ronnenberg, Leah Roske and Andy Sawatzke

- I. The Committee reviewed ISD #881 Policy 533 - Wellness, which was last revised by the Maple Lake School Board on June 12, 2017.
 - A. The district promotes and provides education on nutrition. Ryan Highberg pointed out that MLE students get to try different foods through Tuesday Tasters every other month and MLHS students may try regional cuisines through the quarterly Global Bites program.
 - B. In addition to health and PE classes, between 100 and 300 MLE students take part in Morning Movers each morning. Teachers provide breaks for physical activity as necessary.
 - C. The district communicates with families through its web site, staff web pages, Facebook, Twitter, US mail and email. The MLE and MLHS handbooks both direct students and parents to the Wellness Policy on the district's web site. Ryan Highberg shared that the Nutrislice program on the district's web site is accessed more heavily than other schools served by A'viands. This software provides nutritional information on breakfast and lunch items. The district provides school-based physical activities through MSHSL athletics and community education activities.
 - D. The district relies on A'viands to address all school meal responsibilities listed under IV. Standards and Nutrition Guidelines. The Friends of Rachel (FOR) club occasionally meets during lunch. FOR members are first to receive their lunches so they can eat lunch during the meeting.
 - E. Kristi Anderson is the person responsible for the school's food service program. The district provides continuing professional development through programming selected by A'viands.
 - F. The concept of "competitive foods" was discussed. A la carte and vending machine items align with Smart Snack requirements or are sold outside school hours. Smart Snack information can be obtained through the following link.
<https://education.mn.gov/MDE/dse/FNS/SNP/gen/smart/>
 - G. An area identified for improvement was providing lists of celebration and party ideas and fundraising ideas.
 - H. The superintendent serves as the wellness coordinator, and the principals are responsible for policy compliance in their buildings.
- II. The Committee reviewed the Checklist used to document happenings associated with the Wellness Policy. The checklist will be updated.
- III. The meeting adjourned at 3:55 p.m.