

## Meeting Notes

- Welcome new members: Alison Hiron (GEHS), Julie Page (GEHS), Crysta Baier (EE)
- [Overview of Wellness Committee / KSDE requirements](#)
- Recap of current initiatives (Fall 2021 survey)
  - **Nutrition:** Kansas food products that are served as part of the school meals program are identified at the beginning or on the serving line.
  - **Nutrition Education:** Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.
  - **Physical Activity** Structured physical activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 1 time daily. School staff are encouraged to participate.
  - **Integrated School-Based Wellness** Each semester, provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes are provided to encourage district staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the *Whole School, Whole Community, Whole Child Model*.
- Special presentation – Sustainability project: Alyssa Alvarado, NWMSU dietetic intern  
[Composting proposal for school cafeterias with Missouri Organics](#)  
*ACTION: Looking for one school that would like to be pilot program*
- [Employee wellness opportunities](#) – Amy Jackson  
*ACTION: Please share this information with your building teams and encourage participation in the open forums being hosted to answer questions about Open Enrollment changes.*
- KSDE info: [Virtual Body Venture with lesson plans](#) (elementary) OR plan to submit request in April 2023 for 2023-2024 visit!
- Team discussion: [ONE thing focus for 22-23](#)  
*ACTION: Please review this Google Doc and add your thoughts for future strategic planning.*
- Next meeting – time/date discussion  
*As shared at the 10/10/22 Board of Education meeting, the district's committees have been revamped to help streamline and support the district's strategic plan. The Wellness Committee will now become the Wellness & Safety Committee. Board member Katie Williams shared that the vision for this committee would encompass all health and safety aspects for the district's*

*students, staff, and community. Additional information about the structure and focus of our committee will be shared soon.*

*Based on this information, the team decided to begin meeting quarterly. The next meeting has been scheduled for Tuesday, January 24, 2023 at 3:45pm in the District Offices, Board Room A/B. In an effort to accommodate additional input from parents and the community, the Board of Education has requested that future meetings for all committees be scheduled at 6pm to maximize participation. At this time, we intend to move our meetings to this timeframe beginning in April 2023 as requested. The April meeting is currently planned for Tuesday, April 11, 2023, at 6:00pm.*

**Resources:**

[Kansas School Wellness Policy Model Guidelines, January 2021](#)

[KSDE Online School Wellness Resources](#)

[Local School Wellness Policy Implementation: The Final Rule, July 2016](#)

[KSDE 2022 Wellness Guideline State & District Averages](#)

Questions? Contact committee chair Amy Droegemeier, Director of Nutrition Services,  
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