

**CN Wellness Committee Meeting
Colo ICN Room-7:30 A.M.
Friday, October 21, 2022
Virtual Link-As an Option**

**Members Present: Marc Snavely, Brandon Kelley, Travis Owens, Sheryl Gilmore
Jackie Dunlap & Kara Kinser-Virtual**

Agenda:

1. Update-HS Foods Class Involvement w/Story County Extension & the Elementary Classes (Jackie)

We are working to meet the needs of what the state presents through the Live Healthy Iowa-5210 Program. We are incorporating non-sugary drinks in the High School Foods Classes. We also did the Live Healthy Iowa Walk with grades PK-12. Mary Wilkins from Story County ISU Extension has come into elementary classes to discuss healthy snacks. Jackie Dunlap, our school nurse, has been involved with going into classrooms with Mary as well. She has also been involved with the work done in the High School Foods Classes.

2. Live Healthy Iowa Update (Jackie)

We signed up for the walk online. We also promoted the 5210 program the month of October.

3. Add a Community Member to this Committee (Marc)

Jackie will reach out to Mary Wilkins to see if she can serve as the parent representative on our wellness committee.

4. Triennial Assessment/Nutrition Review (Sheryl)

We set a meeting for January 13th at 7:30 a.m. to go over this. It is up for review in 2023. The Audit is at the end of January. We will reach out to various community members, board members, students, parents, etc. to attend this meeting. Sheryl shared a copy of the most recent plan.

5. Areas Needed to Be Assessed Yet (Marc)

- a. P.E.
- b. Nutrition
- c. Public Involvement
- d. Monitoring & Evaluation of Programs

These things will be rolled into the meeting held on Jan. 13th.

6. Vaping Education (Marc & Brandon)

An assembly was held last year with secondary students facilitated by Mary Greeley. They have offered resources for students that want to quit vaping. YSS is coming in to work 5th & 6th grade and freshman students on vaping and healthy lifestyles.

7. Mike Donahue-November 8th (Marc & Brandon)

The Value-Up Program will be held for 5th-8th grade and 9th-12th grade students on November 8th. A staff meeting will be held before school. A parent component will also be held that evening. The Value Up Program will cover mental health, bullying, harassment, respect, and will touch upon challenges related to drugs and alcohol. Mike is a speaker and author who speaks to students all over the United States.

8. P.E./Wellness Activities This School Year (Travis & Aaron)

P.E. Classes will be doing a tubing trip at Sleepy Hollow (Junior & Seniors). They plan to take students fishing (5th-12th). They plan to take 5th grade students to the Live Healthy Program at Wells Fargo Arena as they have in the past when this event is held. They have a guest speaker at this event, along with other activities. A high school leadership team went to the Ed Thomas Leadership Day. A different leadership team also attended the Chris Norton Leadership Day this fall.

9. Community Service (This Spring) (Marc)

We will do community service activities this spring with both elementary and high school students.

10. Discussion on How to Communicate Out Minutes (Marc)

Marc will create a link on the Nutrition Page on the District Website and add the minutes there.

11. Adjourn