

Wellness Committee Meeting Agenda
Tuesday, January 28, 2025 @ 7:30 a.m.
Colo Middle/High School ICN Room
Virtual Option Offered

Wellness Committee Members Present: Marc Snavely, Superintendent; Sheryl Gilmore, Food Service Director; Jackie Dunlap, School Nurse; Kara Kinser, School Counselor; Mike Boeve, Elementary Principal; Brandon Kelley, Middle/High School Principal; Kelsie Engelden, FCS Teacher; and Hope Heidemann, Student Representative

Agenda:

1. Welcome/Introductions-Snavely welcomed everyone and thanked them for attending an early morning meeting. An online option was also given to attend this meeting. Several committee members attended online.
2. Review Wellness Policy-507.9 & 507.9-R(1)-Snavely displayed and discussed the Wellness Policy and discussed how it is reviewed.
3. Review Past & Present Wellness Activities
 - A. Food Classes-First Semester-Working on projects in classes with various nutrients, meal plans, and making smoothies. ISU Extension has come in for the 5-2-1-0 Healthy Choices Count Program.
 - B. P.E. Activities-Jump Rope for Heart is going on at the elementary now. There are also plans to do an elementary track meet at the end of May. That will need to be scheduled in Zeiring this year since the Colo Track is under construction.
 - C. Nurse Activities-We held a Safety Day in October for 7th-12th Graders. This was set up as stations with AED Training, Stop the Bleed, CPR, ALICE, Self-Defense, and Bus Evacuations. The Story County Sheriff's Office assisted. Medical Emergency Response Training will be scheduled with staff soon. Story County Public Health will be coming in again to do Water Safety and Sun Safety with 3rd Graders. The plan is to also do a Heart Walk in the spring. Story County Public Health has also reached out to collaborate with the school nurse regarding physicals and online point of care. They will be meeting in early February. A grant was also submitted for female care products.
 - D. Food Service-There has been a continued focus on healthy snacks. They are looking for new menu items and taking student requests.
 - E. Outside School Activities-On the first day of school, Colo students went to the Ames Mall and participated in ax throwing, using the batting cages, and golf. Another group of students went to Perfect Games in Ames.

F. Community Service-A Fall Community Service Day happened this fall with the students in Colo. This took place at Dakins Lake in Zearing, Hickory Grove in Colo, and the TLC Learning Center in Zearing. They also planted daffodils in Colo.

G.Mileage Club-Is scheduled to start in Zearing soon.

H. Other Opportunities-NA

4. Areas We Need to Access

A. Physical Education-NA

B. Nutrition-NA

C. Public Involvement-Parents were invited to the meeting, but none were able to attend. We will invite them to the spring meeting. We also invited members of the Rec. Department Board, but they were also unable to attend this meeting. A school board member typically serves on this committee, but he was unable to attend because of another school commitment as well.

D. Physical Activity-NA

E. Monitoring & Evaluation of Programs-NA

5. Staff, Parent, Student & Community Input-Zearing Staff has done a Staff Wellness Challenge in the past that has been facilitated by a teacher. That has been well-received with strong participation. That plan is in the works for this yet this winter/spring.

6. Set Spring Meeting Date-The date for the spring meeting has been set for Thursday, May 8th at 7:30 a.m. in Colo.