

Wellness Committee Meeting

October 19th 0730 Lincoln Library

Present: Kristi Aschenbrenner, Greg Adams, Jolene Hemann, Janet Larrison, Linda Rice and Jackie McRoberts

- I. State Review of Nutritional Services
 - a. Jolene Hemann stated the review is of the concession stands and food sales during the school day (including vending machines)
 - b. Lincoln Elementary does not sell food during the school day
 - c. Middle School/High School vending machines: Jolene and Tim Hejhal work closely to ensure guidelines are met
 - d. Discussed how to ensure the public is aware of the Schools Wellness policy.
 - i. Sending out an email on JMC with the Wellness Policy attached
 - ii. Discussed how to involve the PTO in meeting policy requirements
 - iii. Will set up a Wellness table during November Parent Teacher Conference
 - iv. Jolene is going to touch base with Helen to find out where discussion of the Wellness policy review is published.
 - e. Current Wellness Initiatives
 - i. Student:
 1. Salad bar option now for the Middle Schoolers
 2. High School students assist with the high school garden and share their crop with the MS/HS cafeteria
 3. Lincoln Elementary has Fearless Fridays were students are introduced to new and nutritious foods
 4. District wide: participated in the Healthiest walk day (shared on the website and Facebook page)
 5. District wide: participated in the Local Food Day (shared on the website and Facebook page)
 6. Sending home toothbrushes to all Elementary students the Friday before PT conferences along with a handout of healthy snack options
 7. Students Flu Vaccination clinic held
 - ii. Staff
 1. Participating in the BCBS Wellness Champion Program with Monthly challenges and prizes
 2. Lincoln Elementary staff now have a salad option for lunch
 3. Flu Vaccination clinic held
 - iii. Potential Future Wellness
 1. Introducing SWITCH program into the 4th grade classroom
 2. Dedicated Wellness booth at the PTO carnival
 3. Addition of another representative from the Middle School