Wellness committee meetings

3/28/23

Attending: Logan Waters, Robin Van Laeys, David Kirkendall, Tanya Gottschalk

Agenda:

1. review: Wellness Impact tool and policies.
2. Set goals for 2023-24
3. Discuss Farm to table and locally sourced foods
4. Maintaining and storing of locally sourced food.

Meeting Notes:

1. The tool was reviewed and updated as needed.
2. Discussion about hosting a grab and go food pantry in the library along with sanitary and selfcare items. Free service for students
3. Continue to reach out to local venders and our plant and soil science class to provide items that can be used in the kitchen. Discussion about our hydroponic system and utilizing its resources in the kitchen as well.
4. The foods class now has a food dehydrator and a freeze dryer. This will allow us to store food for longer periods of time. Storage containers, shelving racks and refrigeration/freezer space is also available.
5. GOAL: ALL FOOD SOLD IN SCHOOL – section 2 – A - a. No energy drinks are sold on school property from midnight before to 30 minutes after the end of the official school day.

Meeting adjourned

22/23 year

8/22/23

Attending: Logan Waters, Robin Van Laeys, David Kirkendall, Tanya Gottschalk

Agenda:

1. review: Wellness Impact tool and policies.
   1. Discussion on setting concrete/measurable goals
2. Set goals for 2023-24
3. Discuss Farm to table and locally sourced foods.
4. Discussion of freeze-dried opportunities.
5. Kitchen renovations

Meeting Notes:

1. The tool was reviewed and updated as needed.
2. Reviewed goal that was set at last meeting. The Grab and Go is up and operational along with sanitary items.
   1. Discussion about leaving the library unlocked so it would be easier for students to access items.
3. We received several beef at the beginning of the year. Looking for opportunities to pay tribute and thank the farmers.
4. We are adding more freeze-dried items to the lunch program and will continue to do so.
   1. Discussion about having healthy local grown snacks available during the day for students.
5. Kitchen renovations have been made. Additional needs and wants have been noted. Discussion ensued concerning the function and use of the tilt skillet.

Meeting adjourned

23- 24 year

2/6/24

Attending: Logan Waters, Robin Van Laeys, David Kirkendall, Tanya Gottschalk

1. Updates on recent wellness activities
   * After-school walking club participation
     + Review of Ongoing Wellness Initiatives
   * Feedback from staff and students
2. Challenges and suggestions for improvement
   * + Planning for Wellness Week (25 min)
3. Activity brainstorming
   * Guided yoga
   * Healthy snack stations
   * Gratitude wall
4. Peer-led workshops (e.g., anxiety management, healthy habits)
   * Promotion strategies and student engagement
   * Roles and responsibilities
5. Timeline and action items
   * + Open Floor for New Ideas
6. Suggestions from students or staff
7. Potential partnerships or guest speakers
   * + Wrap-Up and Next Steps
8. Recap of action items and assignments
9. Confirm next meeting date and time

Goal : ALL FOOD SOLD IN SCHOOL - 2 - d. Fundraising activities involving the sale of food or beverages that meet [USDA's Smart Snacks in School "All Foods Sold in Schools" Standards](https://www.fns.usda.gov/cn/smart-snacks-school)and/or exempted fundraisers will not take place until after the end of the last lunch period.

The school’s wellness group met on Tuesday afternoon in the library room, bringing together students, teachers, and counselors to discuss ongoing initiatives aimed at promoting mental, physical, and emotional well-being across the campus. The meeting opened with a brief check-in, where members shared updates on recent wellness activities and the starting of an after-school walking club. Faculty advisor Mrs. Van Laeys emphasized the importance of maintaining momentum as the semester progresses, especially with exams approaching and stress levels rising.

The group brainstormed interactive activities such as guided activities, healthy snack stations, and a gratitude wall to encourage positivity. Student representatives suggested incorporating peer-led workshops building healthy habits, which received strong support from the group. Before adjourning, responsibilities were delegated, and a timeline was set to ensure smooth execution. The overall tone of the meeting was enthusiastic and collaborative, reflecting a shared commitment to making wellness a more visible and accessible part of school life.

2024-25

Agenda: Planning Meeting – Student Wellness Pantry

1. Welcome and Purpose of Meeting (part of STUCO)

Introduction of pantry idea

Goals and expected impact

2. Identifying Student Needs

Overview of current food/hygiene needs on campus

Student input and observations

3. Pantry Logistics and Planning

Location options

Types of items to include (non-perishable food, hygiene kits, grab-and-go healthy snacks)

Donation sources (local businesses, community partners, school drives)

Inventory management

Ensuring student privacy and access

4. Roles and Responsibilities

Student leads

Faculty advisors

Volunteer coordination

5. Timeline and Launch Plan

Project milestones

Launch target date

Communication and promotion strategy

6. Questions and Wrap-Up

Final thoughts and next steps

Confirm next planning meeting

At the recent Wellness Committee meeting, members gathered to review the school’s Wellness Plan and explore new ways to better support students’ physical and emotional well-being. As part of this annual review, the committee examined current goals and initiatives, evaluating progress in areas such as nutrition education, mental health supports, and student access to physical activity. One major topic of discussion was the need to address food insecurity within the student body — a concern that was brought forward through surveys and counselor feedback.

In response, the committee began outlining a plan to develop a student-centered food pantry that would provide non-perishable items, grab-and-go healthy snacks, and basic hygiene products. The pantry would be designed to offer discreet, stigma-free access to students in need, with student volunteers involved in both the setup and daily management. Committee members discussed potential locations for the pantry, sources for donations, and how to incorporate it into the Wellness Plan as a long-term strategy for improving student health and equity.

As the meeting wrapped up, it was agreed that a subcommittee would be formed to lead the pantry project, with support from school staff, community partners, and local organizations. The committee will revise the Wellness Plan to include this initiative, ensuring it aligns with broader goals of supporting student well-being and creating a more inclusive, caring school environment. Updates on the pantry’s development will be shared at future meetings, with a tentative goal to launch the program in the coming semester.

The school’s wellness group gathered this week to discuss a new initiative: creating a student-led food pantry that also provides hygiene products and grab-and-go healthy snacks. The idea, proposed by a group of senior students, aims to support classmates facing food insecurity or financial challenges in a discreet and respectful way. During the meeting, members discussed potential locations, donation sources, and the importance of anonymity and accessibility. Several teachers offered to serve as faculty sponsors, while students volunteered to create promotional materials and manage inventory. The group expressed excitement and determination to launch the pantry by the start of the next term.

Goal: - Nutrition Education c. School personnel collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

2024-25 year

At this wellness group meeting, members reviewed the first few months of the newly launched student wellness pantry. The initiative has been well received, with several students making use of the pantry since its opening. Volunteers shared positive feedback from peers, noting that the grab-and-go snack section is especially popular. Mrs. Van Laeys, the faculty advisors, presented a short report showing steady donation levels and offered suggestions for streamlining inventory tracking. The group discussed possible expansions, including offering winter essentials and improving the visibility of the program through social media. Overall, the tone was one of celebration and continued motivation.

A. Pantry

1. Welcome and Purpose

Opening remarks

Overview of meeting goals

2. Usage Review and Feedback

Number of students served

Volunteer experiences

Feedback from students and staff

Popular items and trends

3. Inventory and Donation Update

Current inventory status

Frequency of restocking

Donor updates and future needs

4. Program Improvements and Expansion Ideas

Streamlining organization and stocking

Ideas for new items (e.g., winter gear, menstrual products)

Promoting the pantry to reach more students

Social media campaign proposal

5. Recognition and Next Steps

Thank-you to student volunteers and donors

Planning a mid-year appreciation post or event

Set date for next review

B. Wellness Committee review of the Wellness Plan and policies.

During a recent meeting, the school’s Wellness Committee convened to conduct its annual review of the district Wellness Plan. The committee, composed of teachers, administrators, counselors, parents, and student representatives, met in the library conference room to assess the effectiveness of the current wellness goals and to identify areas for improvement. The meeting began with a presentation summarizing key initiatives from the past year, including increased student participation in physical education, improvements to cafeteria offerings, and the implementation of mindfulness practices in classrooms.

Committee members engaged in a thoughtful discussion about the plan’s strengths, such as the integration of social-emotional learning and the success of new student-led programs like the food pantry. They also addressed areas that still need attention, including strategies to increase staff wellness engagement and more consistent data collection to evaluate outcomes. Several students voiced the need for more mental health awareness events and improved access to resources for stress management, especially during exam periods.

As the meeting concluded, the committee outlined next steps, including updating the wellness goals for the upcoming school year, expanding partnerships with local health organizations, and improving communication of wellness efforts to the broader school community. The group expressed a strong commitment to making wellness a central part of the school culture and ensuring that every student and staff member feels supported. A draft of the updated Wellness Plan will be circulated for review before being finalized and presented to the school board.

NOTE: With Tanya Gottschalk’s resignation, Jess Green has been hired as the new head Cook.

She is also the head of the Wellness committee.

2025-26 school year