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District Wellness Committee

Thursday, September 24, 2026

meet.google.com/xgz-xbhp-xwp

- I. Welcome
 - a. Notice of Recording
 - b. Attendance - Those in attendance are listed below. No community members attended from outside of the committee.
- II. Items for Discussion – Review
 - a. Committee Purpose - To ensure the Wellness Policy, goals, and action steps are implemented and monitored based on the recommendations for the FY26 committee. The committee will also lead staff/community wellness challenges and/or activities.
 - b. Committee Structure - The members of the District Wellness Committee should also be on the school site committee. They will act as a liaison between the school and district. School committees should have a minimum of 4 members including the District committee member, site administrator and two others. Recruitment can begin as early as Oct.2 PD Day to build awareness. The committee should be established by November 6.
 - c. Review of Wellness Goals & Action Plan - The original document was reviewed with the committee. A list version was also shared as an alternative for those who process the information in a different way.
- III. Our Projects
 - a. School Monitoring - monitoring of 3-year goals. The goals can be changed or added to throughout the 3-year process.
 - b. Review of Goals and Action Steps - A request to share indoor recess activities which are also appropriate for our preschoolers was requested.
 - c. Staff/Community Wellness Activities - ideas from the committee include BINGO Board activities, ASBAIT challenges, Thankful journals, Interschool sports, staff tournaments, color run, river float, turkey trot.
- IV. Next Steps
 - a. Ideas for Monitoring/Tracking Progress
 - b. Ideas for Staff/Community Wellness Activities
 - c. Choose Next Meeting Date/Time - Monthly - the Thursday before PD Day is preferred. Amanda Amann will take over as facilitator for the Wellness Committee after this meeting.
- V. Items for Next Meeting
- VI. Adjourn & Stop Recording

Committee Members In Attendance

Erika Ackerman
Amanda Amann
Jenniffer Becker
Kelly Bishop
Vanessa Bravo
Kaeden Fitzgerald
Tiffany Higgins
Karen Johnson
Jennifer Lott*
Kelley Mintz
Nancy Papke
Sherri Vorak