

Wellness Committee – April 19, 2022

The Wellness Committee met on April 19, 2022. At the meeting the following was discussed:

- *The District continues to see good participation for meals in all buildings*
- *Food Service held meetings with all the schools. They discussed what goes into the menu, what is mandatory as per Whitsons, school district, and federal guidelines. They discussed what are the likes and dislikes of the menu as well as what would they like to see on the menu. They all were given a task for coming up with a menu for a specific day and call it something fun.*
 - *Ostrander came up with crispy tacos and soft tacos, with brown rice, salsa, sour cream, black beans, fiesta corn and an apple and called it Ostrander Panthers Meal.*
 - *Plattekill came up with homemade chili, corn muffins, salsa, sour cream, oven baked fries, and pineapple and called it Plattekill Cubby Chili Day.*
 - *Leptondale came up with breaded fish sticks, brown rice, side salad, green beans and pineapple and called it Leptondale Fish Stick Friday.*
 - *The High School will meet again next week to discuss a menu item for them to choose.*
 - *The Middle School previously had created a menu item*
- *The high school had a successful blood drive on April 7th. This was the first one since 2020. They already have scheduled two for next school year.*
- *At the elementary schools:*
 - *February – focused on Heart Healthy month.*
 - *March – looked to create fun activity days with a focus on movement and wellness in all the buildings.*
- *At the middle school:*
 - *Have created a wellness corner in the monthly newsletter.*
 - *The school nurse and social worker have been working on wellness ideas and have been pushing into classes to talk to the students about various topics.*

The next committee meeting is scheduled at 3:30 p.m. on June 7, 2022.