

District Wellness Committee Meeting Minutes
March 25, 2026

The wellness committee met on March 25, 2026 at 6:30 p.m. in the Hopkins Library.

- I) **Introductions**- Mrs. Russell school nurse and wellness committee chair welcomed everyone and asked for introductions.
- II) **Wellness Policy Review**- She passed out copies of policy ADF and asked each person to review for 10 minutes and then opened up discussion concerning the policy. She stated that things have changed as a result from previous meetings. We do take the suggestions and assessments seriously.
 - a. **Nutrition Promotion**: She stated that we send nutrition information from USDA home with kids, nutritional posters are posted in the cafeteria. This is also discussed in the student's general health class.
 - b. **Hygiene/ Personal Wellness** -She discussed programs that the school does on dental, hearing, and vision checks. She stated that we had been a part of the feminine hygiene grant from the state. Personal hygiene is also discussed in their mandatory health class in the Junior and Senior high school.
 - c. **Physical Activity/School Based Activities**- Students have to do presidential fitness during physical education classes. The school offers several extracurricular activities as a district or through a cooperative. She mentioned that they have an annual walk to school day.

III) **Policy Location**: is on the website in two locations. One under the District Tab under Central Office tab and one in Nurse's Corner tab.

Strengths- No vending within the district for kids. Staff are now allowed to use the district fitness center free of charge. PE every day in the elementary. Stand-alone health classes in the high school. Mr. Turpin is on the Nodaway County Health Board so he is able to share things that are going on within our county. For example: we have collaborated with the county on colorectal screenings at ballgames, and introducing PAT families to the Happy Bottoms program and WIC.

Updates- No initial updates other than comments.

Wellness Assessment- Improvements from Survey

- Update the high school cafeteria like the rest of the building. (Mural)
- More variety on the salad bar.
- Explore food service software that might improve the food service program as a whole.
- Consider a recess or activity time for all kids including MS/HS.
- Create a program to help those that can't pay their lunch bills.

Suggestions for Policy Re-adoption- Committee members seemed to be overall happy with the district wellness policy and procedures in place.

Adjournment- There was a motion and second to adjourn the meeting at 7:15 p.m.