

Wellness Committee Meeting Minutes:

The Rugby Public School District Wellness Committee held an annual meeting on Tuesday, April 26, 2023, at 3:30pm in the Rugby High School Library.

Committee members present were Mike McNeff, Jared Blikre, Peggy Harmel, Jeff Stewart, Julie Sjol, Sheila Olson, Missy Lowman, Sam Wentz, LaRae Senechal, and Travis Risovi.

Dr. McNeff shared the following Handouts:

- Prior Year (April 30, 2019) Wellness Committee Meeting Minutes
- Description Code ABEA (Rugby Public School District Wellness Policy- NDSBA)
- Rugby Public Schools Wellness Policy Evaluation Form

Dr. McNeff reviewed the purpose of our current Wellness Policy and the 2019 minutes with the committee. Dr. McNeff asked each stakeholder to share their wellness assessment with the group as follows:

Physical Fitness/Activity Goals:

1. Students are given the opportunity for physical activity during the school day in addition to physical education classes

K-6: They provide “Brain Bursts” which are short sessions of activity in the classroom.
Grades 7-12: Mr. Green is interested in adding SRB Physical activity for Grades 7-9

2. Students are given the opportunity for physical activity through a range of before and /or after school programs?

Before School: Ely Walking Club, Ely morning Shoot around, expansion of playground turf,

After School: Open Gym, all grades meet this goal with various extracurricular activities, High School Ambassadors sponsored field day,

Nutrition Education Goals:

1. Students in grades K-12 receive nutrition education that teaches the skills necessary to adopt healthy eating habits?

Grades 7- 12 receive nutritional education in a required health curriculum. The school Nurse provides Healthy nutrition talks for grades 8-9. We offer Health and Wellness Lyceums.

Grades K-6 receive nutritional education in Life Skills with the Counselor and the School Nurse. These include “My plate” talks, Healthy nutrition talks, Dangers of drinks and Vaping, 7 mind sets, safety, and handwashing. Ely Received a Farm to School Grant that offers nutritional education with a food component.

Nutrition Goals:

1. USDA guidelines set for food and beverages in the food service program are being followed: We continue to work at meeting the USDA guidelines.

We promote fruits and Vegetables in our Salad bar. Our cereals are low sugar, none of our foods are fried only baked, and whole grains are offered daily. We offer two types of milk. We provide training for our staff in Offer vs. Serve guidelines to allow the students a choice. Each student meal must contain ½ cup of fruit or vegetable. The Fresh Fruit and Vegetable Program is offered 2-3 days a week at Ely to expand students' tastes.

2. Guidelines set for food and beverages sold to students outside of the food service program are being followed:

We have made progress in this area with "smart snack" requirements in our vending machines, but continued monitoring is necessary as items change. We will set a goal to increase the monitoring of our competitive snack fundraisers and the vending machines.

Hydration:

Do students have access to free drinking water throughout the school day?
All Grades have access to water in the cafeteria at lunch, near the gyms, and classrooms with the "bottle filling" water fountains throughout both schools.

Establish wellness goals for 23-24:

GOAL #1: Physical Fitness Goal: Increase the opportunity for **physical activity during the school day.**

GOAL #2: Staff/Adult Wellness: Increase the Utilization of our NDPhit Health resources in collaboration with our School Nurse offering wellness checks.

GOAL #3: Nutrition Goal: Improve the monitoring of competitive snack fundraisers, vending machines, and implement the Exempt Food Fundraiser tracking tool (3 exemption rule) to meet the USDA requirement.

The School Wellness Policy and meeting minutes will be made public on our school website and provided to the school board.

The next meeting was not scheduled.

No further business: Meeting ended at 4:25pm

