

WELLNESS COMMITTEE AGENDA

2024/2025

2024 Review Items

- New Wellness Policy was approved by the board July 17, 2024. The changes removed repeated verbiage and shortened prior policy from 8 pages, reducing to 2 pages.

2024/2025 Department Informational Updates

1. Dietary Department

2. Nursing Department

3. Physical Activity

4. Administration

5. Public Concerns/Comments

6. Current Wellness Policy

- Last reviewed by board 6/19/24, (first reading) and 7/17/24 (approved.)
- Triennial Assessment was completed 1/23/23. Will be due by 1/23/26.
- Record current meeting minutes. Provide copy of minutes to Lisa to be posted on VB District website, including committee attendees, along with their titles.
- Copies of current member list, meeting announcements, and other pertinent information to be kept on file.

VB Community School District Wellness Committee

Wednesday May 14, 2025

Meeting Minutes

In attendance: (meeting held via Zoom and in person)

MaryDawn Schuck, Justin Copeland, Brandon Stuhr, Gayle Hervey, Holly Strait, Bonnie Watson, Wes White, Jonathon Strait

2023/24 REVIEW ITEMS

- New Wellness Policy was approved by the board July 17, 2024. The new changes removed repeated verbiage and shortened prior policy from 8 pages, reducing to 2 pages.

Departmental Information Updates

1. Dietary--Gayle Hervey

- A. More lunch choices has increased participation in the lunch program.
- B. Breakfast program numbers are still not as high, will continue to work on that.
- C. Free breakfast and lunch will continue for the 2025/26 school year. This will be available for all students at the Elementary Centers.
- D. Still having some negative lunch count balance issues.
- E. Applied for the fruit/vegetable grant. Still waiting to hear back on that.
- F. Looking for dietary staff at the Harmony Center.

2. Nursing--Holly Strait

A. Still continue to have decreased numbers in students taking advantage of free services offered throughout the school year. This year only 20% of eligible students participated in the ISmiles program. Iowa Kidsight testing has also decreased significantly.

B. House File 299 (regarding immunization exemptions) is currently waiting for Governor Reynolds consideration. If signed into law, we will need to include this information in any communication regarding immunizations, including registration and the school website. This information was already placed in the PreK 4 and Kindergarten packets set to go out.

Nursing--Brenda Hendrichsen (unable to attend, emailed info to share)

A. Continue to have issues with receiving up to date immunizations and/or current exemptions. This is more problematic with the 12th grade meningococcal vaccine requirement. Building Principals were willing to do radio spots to help increase numbers. It was also suggested information available at registration and having Justin add to our Facebook page. Information is already listed in the yearly student/parent

handbooks and fall return to school newsletter. As well as, letters being provided to students and the Healthy Kids Fair.

3. Physical Activity—Bonnie Watson Douds/Harmony Elementary Centers

- A. Kid's Heart Challenge continued again this year.
- B. Students participated in the Fall Walk Day.
- C. The annual Live Healthy Iowa Track meet was held.
- D. PE curriculum requirements are being met.
- E. Voiced concerns with candy being used as a reward for positive behaviors.
- F. Marathon Kids has started. 4-5 grades had a few glitches. Stopped to reset.

Plan to go again next school year.

Brian Johnson and Brycen Starnes (unable to attend in person, emailed info to share)

- A. Would like a protein source for students after Strength and Conditioning class. Gayle said it could be an ala cart charge. Students will need to knock on the dietary door and staff will provide for them.
- B. PE curriculum requirements are being met.
- C. Health requirements are being met. Holly is working with Brycen to complete the CPR graduation requirement during Health II class.

4. Admin—MaryDawn Schuck, Brandon Stuhr, Wes White, and Justin Copeland

- A. Admin all agreed, they are willing to support staff in any areas needed. Such as, promoting immunizations and screenings for students. MaryDawn offered to address during one of her radio spots. Justin offered to post out to district website and social media.
- B. Wes mentioned, possibly, a staff walk and using a google doc to track. Stating more modeling of good behaviors is always better for our students.

5. Parental Concerns/Public Input: None at this time

6. Assessment of existing wellness policy

A. Policy was created with language that is required for school wellness policies in the state of Iowa. Policy was last updated July 17, 2024. No recommended changes at this time.

B. Triennial assessment will need to be completed by 01/23/2026.

C. Meeting minutes recorded. All required information will be placed on school website, as per policy.

MEMBERS IN ATTENDANCE AND CONTACT INFORMATION

MaryDawn Scuck Principal Douds Center Marydawn.schuck@vbcwarriors.org

Wes White Principal Harmony Wesley.white@vbcwarriors.org

Brandon Stuhr Principal MS/HS Brandon.stuhr@vbcwarriors.org

Justin Copeland Dean of Students MS/HS Justin.copeland@vbcwarriors.org

Gayle Hervey Food Services Director gayle.hervey@vbcwarriors.org

Holly Strait RN holly.strait@vbcwarriors.org

Bonnie Watson PE Douds/Harmony Centers bonnie.watson@vbcwarriors.org

Jonathon Strait Student Jonathon.strait@vbcwarriors.org

School Wellness Policy Checklist

Overview

A local school wellness policy is a written document that guides a local educational agency (LEA) efforts to establish a school environment that promotes students' health, well-being and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements as written in SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation. As part of the Administrative Review process, Iowa Department of Education's Bureau of Nutrition and Health Services reviews school wellness policies for regulation compliance.

Committee

- LEA has designated at least one school official who has the authority and responsibility to ensure each school complies with the policy.

Name/title of Designated Leader: Superintendent Jeremy Hissem

- LEA permits involvement of the following individuals in the development, implementation, review, and modification of the wellness policy (documentation may include current committee list, meeting announcements, committee invitations, etc):

- | | |
|--|---|
| <input checked="" type="checkbox"/> Parents | <input checked="" type="checkbox"/> School health professionals |
| <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> School board members |
| <input checked="" type="checkbox"/> School food service | <input checked="" type="checkbox"/> School administrators |
| <input checked="" type="checkbox"/> Teachers of physical education | <input checked="" type="checkbox"/> General public |

Wellness Policy

Current policy includes:

- Goals for nutrition education and promotion
- Goals for physical activities
- Goals for other school based activities
- Standards for all foods and beverages sold at each school during the school day (the midnight before school until 30 minutes after dismissal)
- Standards for food and beverages provided to students throughout the school day (classroom parties, foods given as reward, classroom snacks, etc)
- Policies for food and beverage marketing

Triennial Assessment

- Must be completed every 3 years, last completed on: 1/23/23
- Must contain all three of these components:
- Compliance with the Wellness Policy
 - Comparison to model wellness policy
 - Progress made toward goals of wellness policy
- Provide this information to the public

Annually Notify the Public of the Following:

- The content of the Local Wellness Policy, including any updates
- The position title of the designated school official(s) who lead the wellness committee
- Information about how the public can get involved

Additional questions? Contact Meg Collins at meg.collins@iowa.gov or 515-336-3903

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<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
Program.Intake@usda.gov

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