

**SCHOOL DISTRICT OF HOLMEN
SCHOOL BOARD COMMITTEE MEETING NOTES
WELLNESS COMMITTEE
Wednesday, March 20, 2024 3:30 p.m.
Frederic D. Frick Administrative Center
Boardroom
1019 McHugh Road
Holmen, Wisconsin 54636**

01. CALL TO ORDER

02. PLEDGE OF ALLEGIANCE

03. ROLL CALL & NOTICE OF QUORUM

Committee members present were Jennifer Dieck, Kari Delong, Kim Edwards, Rachel Fawver, Amanda Jensen, Mike Gasper, Erica Haight, Melissa Kaatz, and Dr. Kristin Mueller. Maggie Smith, Jared Bagniewski, Krystal Lee, Kelly Sheehan were absent.

04. APPROVAL OF AGENDA

The agenda was approved by consensus.

05. PUBLIC PARTICIPATION

No one addressed the committee.

06. APPROVAL OF PRIOR MEETING NOTES

6.1 January 22, 2024 Wellness Committee Notes

The January 22, 2024 Wellness Committee Notes were approved by consensus.

07. POLICY REVIEW

7.1 po 8510 Wellness

The committee resumed review of po 8510 Wellness in the “Foods Offered/Provided but Not Sold” section. The committee had no further comment on this section.

The committee continued its review of each section of the policy, considering feedback of members present and written comments provided by Maggie Smith.

In the “Fundraising” section, committee members recommended the addition of a sentence encouraging organizations to consider healthier alternatives. The word “protein” was added to item G. in the “Nutrition Education” section. There were no changes to “Nutrition Promotion” as current practices comply with the section. The District actually exceeds the guidelines of the section in utilizing locally grown products, but not adding further specifications to the policy allows for greater flexibility.

In the “Physical Activity” section, minor changes were made to align with language used in District practices and other policies. There were no changes to “Physical Education” as any addition suggested is already included in standards. No changes were made to the “Other School-Based Strategies for Wellness.”

Under the “Staff Wellness” section, the committee reworded item C. to better match practices. Item D. was changed to reference “routine annual physical appointments” because referencing

specific screenings could lead to confusion and screenings may be recommended during annual physical appointments. Minor changes to wording were also made to Item E.

The “Additional Strategies” section was found to be not necessary/redundant and the committee recommended eliminating the section. A section title was added for the “Student Health and Wellbeing” section. Amanda Jensen confirmed the high school vending machines are turned off during school hours. This correction was made sometime last fall. The concern with vending machines is that the vendor stocks the snacks that sell and not necessarily those that meet Smart Snack nutrition standards.

To avoid any potential issues if there is a website update and to align with practices, the “Monitoring and Evaluation” section was updated to reference the District website instead of providing the specific website. There was additional discussion of suggestions of this section, but the committee did not recommend any further updates. The triennial report will be conducted in 2024-25. The 2024-25 Wellness Committee will consider the results of the report when reviewing po 8510 Wellness next year.

There were no material changes to the remaining sections of the policy.

The committee discussed restricting recess time as a form of punishment. Erica Haight shared language from a policy of the School District of La Crosse prohibiting schools from taking away opportunities for physical activity as punishment and shared experiences of her child in the School District of Holmen. Jennifer Dieck provided experiences of her family in the District, as well. Rachel Fawver stated schools may use recess as leverage, when appropriate, and withholding recess as punishment is only used as a last resort when all other interventions have been ineffective. Discussion continued but it highlighted that the best strategy depends on the individual student and specific requirements could limit a strategy that works for some. As a result, the committee recommended adding the word “daily” to item B in “Physical Activity” to allow for flexibility in meeting students’ needs while ensuring opportunities for physical activity (not necessarily recess) are provided daily.

In follow up from the January Wellness Committee meeting, Rachel Fawver reported the suggestion of adding a requirement for minutes in seats to the “School Meal Program” section was not supported by District elementary principals. The principals stated it would be very difficult to maintain and monitor. Additionally, each school and situation is slightly different.

08. CLARIFY/REVIEW ACTIONS & DISCUSSION

Dr. Mueller explained the District will reach out to committee members next fall to extend an invitation to serve on the 2024-25 Wellness Committee. During the 2024-25 school year, the District will conduct the triennial wellness assessment. The results of the assessment will be brought to the committee to assist with the 2024-25 review of po 8510 Wellness.

The policy recommendations by this committee will be forwarded to the Board for consideration.

09. ADJOURNMENT

The March 20, 2024 Wellness Committee meeting adjourned at 4:35 pm.