

**SCHOOL DISTRICT OF HOLMEN  
SCHOOL BOARD COMMITTEE MEETING NOTES  
WELLNESS COMMITTEE  
Wednesday, November 6, 2024 3:45 p.m.  
Frederic D. Frick Administrative Center  
Boardroom  
1019 McHugh Road  
Holmen, Wisconsin 54636**

**01. CALL TO ORDER**

M. Smith called the meeting to order at 3:45 p.m.

**02. ROLL CALL & NOTICE OF QUORUM**

Committee members present were Maggie Smith, Dr. Kristin Mueller, Paula Barlow, Melanie Carpenter, Karis Dylhoff, Kim Edwards, Emily Franzen, Mike Gasper, Erica Haight, Jen Dienger Hanson, Ben Johrendt, Dawn Shea, and Sarah Thompson. Excused were Kari Delong, Melissa Kaatz, and Tiphany Kokott.

**03. APPROVAL OF AGENDA**

The agenda was approved by consensus.

**04. PUBLIC PARTICIPATION**

No one addressed the committee.

**05. INTRODUCTIONS**

Committee members introduced themselves and their role in the School District of Holmen community.

**06. COMMITTEE NORMS**

Dr. Mueller reviewed norms for the committee. The committee approved the norms as presented by consensus.

**07. COMMITTEE PURPOSE**

The primary purpose of the Wellness Committee is to review the Wellness policy. This policy is closely aligned to USDA and follows the guidelines outlined by the policy. M. Smith reviewed aspects that the policy touches on (meals, physical activity, curriculum, etc.). Review of the cycle that the policy follows, and identification of key members/representation as to who is on the committee (per policy requirements). The policy is reviewed annually, with an assessment completed every three years.

**08. TRIENNIAL WELLNESS ASSESSMENT**

M. Gasper reported WellSAT has a survey that is completed by the district and then provides an assessment of your policy. This is completed every three years. SDH completed this one month ago. Overall, our district is doing well. Physical activity and not using food as a reward are areas we could work to improve, but overall, our score was quite good (94 out of 100). Scoring is from 0-2 with 2 being the top score. Mike highlighted a few other areas that could use some improvement.

Scores that are lower may be areas in our policy that we would want to highlight.

There was discussion on seat time for students to actually eat lunch. Recess before lunch can be a good strategy.

**09. POLICY REVIEW**

9.1 po 8510 Wellness

M. Smith facilitated a discussion around the proposed updates by Neola. M. Gasper noted areas in which we exceed the requirements posed by the USDA. Student representatives asked about methods to provide feedback on menus. M. Gasper shared about snack student groups that worked with each building level to develop menus

historically and shared they are no longer able to function in the same way. He shared about other ways that students are able to provide feedback.

M. Gasper and M. Smith provided an explanation about the Smart Snacks components of the policy. The guidelines go from midnight until 30 minutes after the end of the school day.

There was discussion on the Foods Offered/Provided but Not Sold section of the policy and encouraging non food or healthy food choices rather than requiring it due to difficulty in oversight. A list of those snacks that meet the requirements is needed in order to support healthier choices. Thoughts on how to promote this in a way that is family friendly include possibly working with the communication specialist on messaging. Reminders could also be provided to buildings to link to that when requesting snacks. Consensus to keep language as is in the policy itself.

There was discussion that two exemptions per organization for fundraising is too much. Organizations do complete a fundraiser form seeking permission. However, some of the requests are not being shared with individuals that need to provide approval prior to launching the fundraiser. Dr. Mueller is working on this process. The Committee would like to work on the language in this section to ensure all pieces of the DPI requirements are included and look at the fundraising policy to ensure alignment.

In regards to Nutrition Education, Dr. Mueller made notes on which Neola recommendations to accept. Items K and L will be combined and the word “may” will be used. Several other suggestions were struck. Conversation will pick up in this section next meeting.

## **10. CLARIFY/REVIEW ACTIONS & DISCUSSION**

10.1 Next Meeting Date: February 5, 2025

Please review the upcoming sections of the policy for discussion at the next meeting.

## **11. ADJOURNMENT**

The November 11, 2024 Wellness Committee meeting adjourned at 5:00 p.m.