

## **Wellness Committee:**

**4-25-24**

**Members Present:** Laurie Johnson, Dianne Koser

Sara Eckstein, Callie Hackel, Jennifer Jensen, Tina King, Tyler Moore, Trisha Neuser, Kevin Orr,

### 1. Self Assessment Due June 30, 2024

#### a. Review WellSAT3.0 results

- i. Required by Wisconsin
- ii. “The WellSAT is a quantitative assessment tool to help districts score and improve School Wellness policies. All WellSAT items reflect best practices. The purpose of scoring your district policy is to identify where it is strong and where it could be improved
  1. Discussed the WellSAT assessment results

#### b. Review WellSATi results

- i. The WellSAT-I is an interview that measures how fully a district is implementing wellness practices in its schools. It is designed to be used in conjunction with the written wellness policy scoring tool, WellSAT 3.0
- ii. Interviews were conducted with Marsha Scherz, Curriculum Director, Callie Hackel, Food Service Director, Tim Lipke, HS Athletic Director/Principal, Curt Pacholke HS Principal, Josh Tomesh MS Principal, Nate Vleck Haugen Elementary Principal, Natalie Springer, Elementary Principal, Joann Walker Elementary Principal, and Laurie Johnson Director of Special Education & Pupil Services
  1. Discussed results of interview

#### c. Review Wi Required Local Wellness Policy Triennial Assessment Report Card;

- i. Assess Compliance with the Local Wellness Policy.
  1. The Wellness committee worked as a team to complete the components of the Wellness Report Card.
- ii. Describe the overall progress made toward meeting policy goals. Provide a narrative update describing progress achieved, activities implemented, and plans for future wellness policy implementation.
  1. The team used the WellSAT Assessment and the WellSAT Interview to assist with rating progress toward Wellness goals.
- iii. Describe areas of policy strength and areas for improvement based on the findings of the WellSAT. You may elect to include your WellSAT scores within the Triennial Assessment Report Card. If you do not want to include your scores, delete the text from the section.
  1. The team used the WellSAT Assessment and the WellSAT Interview to assist with identifying areas of strengths and areas for improvement to complete the Wellness Report card.

#### d. Next Steps:

- i. Complete the Report Card Report- Laurie
- ii. Present Report to School Board-Laurie

iii. Add to District Website for access by public- Laurie

2. Implement a No-cost Stand & Move at Work Program-Trisha

a. Trisha Neuser presented to the group information she gathered for the Stand & Move at work program. Trisha was going to gather more information for the team for future consideration.