



Wellness Committee Update

May 6, 2024

Presented by:

Meghan Bernard, Sustainability Manager

Stacie O'Leary, Nurse Supervisor

Jeff Wolfer, Child Nutrition Manager

2023-24 Wellness Committee

Co-Chair - Meghan Bernard, Sustainability Manager

Co-Chair - Stacie O'Leary, Nurse Supervisor

Child Nutrition - Jeff Wolfer, Supervisor

Two Rivers - Daven Kokkila, Teacher

Mendota - Laura Grulkowski, Nurse

Moreland - Emily Schlemmer, Teacher

Pilot Knob - Tom Benson, Principal

Somerset - Emily Schneider, Nurse

Garlough - Andrea Koch, Teacher

Friendly Hills - Rachel London-Nyhus, Psychologist

Heritage - Laura Harris, Teacher

ELC - Deb Lee, Nurse

Branch Out - Sue McIntosh, Teacher



WELLNESS WEEK
May 6-10

Monday
May 6

Mindful Monday

Try your favorite or new-to-you mindfulness practices, such as deep breathing, being present, cultivating positivity, and showing kindness.

Tuesday
May 7

Take a Break Tuesday

Take a little bit of time for yourself! Stop to take a short walk or spend an extra minute connecting with a friend—small breaks can make a big difference!

Wednesday
May 8

Walk Wednesday

Enjoy the health benefits of nature, moving our bodies, and spending time connecting with neighbors outside.

Thursday
May 9

Talk Thursday

Take the time to talk with a friend, colleague, grownup or support person. Talk about something that has been on your mind, or what your plans are for the weekend!

Friday
May 10

Fresh Food Friday

Try to up your intake of fresh food, including fruits and vegetables.



ISD 197 Wellness Overview

Wellness Committee strives to support student and staff health, nutrition, & physical activity district-wide. [533 Policy](#)

- ★ Healthy, Hunger-Free Kids Act of 2010
Department of Agriculture (federal requirement)
- ★ CDC school nutrition and physical activity goals
- ★ Wellness Policy Review & Triennial Assessment (Completed June 2023)



School Meal Legislation

- ★ New this year, MN legislation provides **one free breakfast** and **one free lunch** to all students
- ★ Increased utilization of breakfast by 38% and lunch by 20%



School Wellness Initiatives

- ★ Dakota County SHIP Grants
Water bottle filler, lactation room,
exercise & outdoor equipment
- ★ District-wide
Single-use plastics elimination,
Wellness Week (May), Walk & Bike
to School Days (Fall & Spring)
- ★ School Wellness Leader Projects



School Wellness Highlights

Somerset Student wellness committee created a hand-washing campaign!



Branchout
Wellness
Wednesdays

PK & Moreland
Whole school Walk & Bike to school days!



ELC Dental health



Garlough, PK, FH
Student and staff wellness activities like yoga, aerobics, get more sleep challenge, & 100 mile club!



Additional Information

MDE Triennial Assessment

Thank You!

Questions & Comments