



Wellness Committee Update

March 3, 2025

Meghan Bernard, Sustainability Manager

Stacie O'Leary, Nurse Supervisor

Jeff Wolfer, Child Nutrition Manager

2024-25 Wellness Committee

Co-Chair - Meghan Bernard, Sustainability Manager

Co-Chair - Stacie O'Leary, Nurse Supervisor

Child Nutrition - Jeff Wolfer, Supervisor

Two Rivers - Michelle Muller, PE/Health Teacher

Mendota - Laura Grulkowski, Nurse

Moreland - Julie Hanks, Nurse

Pilot Knob - Tom Benson, Principal

Somerset - Emily Schneider, Nurse

Garlough - Andrea Koch, PE Teacher

Friendly Hills - April Moody, Admin Assistant

Heritage - Amber Salzman, PE Teacher

ELC - Deb Lee, Nurse

Branch Out - Lauren Meyer, SPED Teacher



School District 197 Wellness

Guided by [CDC's WSCC Model](#)

Wellness Committee Champion Goals:

- Serve as advocates
- Identify resources, services, & develop partnerships
- Support student and staff health, nutrition, & physical activity

Whole School, Whole Community, Whole Child (WSCC) Model



Wellness Culture

Salad bars, family activity nights, walk & bike to school events...

Are integrated into our school culture & values



2024-25 School Wellness Initiatives

Dakota County School Health Improvement Partnership (SHIP) Grants

- Project Goals: Fund equipment and curriculum for physical activity and learn how to grow food
- Project Budget: \$8895.85
 - New Physical Activity Programs | \$2544.80 (Garlough)
 - Outdoor Greenhouse Classroom | \$2101.05 (Friendly Hills)
 - School Gardens | \$4000 (Two Rivers & Friendly Hills)



Child Nutrition & Wellness

- [USDA Smart Snack](#) Compliant
- Elementary Breakfast Menu
 - 50% of entrees have protein
 - 50% of entrees have no packaging
- Plastic-free lunch
 - Serving in bulk
 - Compostables
 - Zero waste
- Salad Bars with protein
- Taste testing for new entrees



School Wellness In Action

- **Student Wellness Clubs**
Somerset & Branch Out
- **Staff lactation Rooms**
Somerset & Moreland
- **Dental Sealant Clinics**
ELC, Garlough & Heritage
- **Nami Mental Health Presentation**
Friendly Hills, Heritage & Two Rivers
- **Fall & Spring Walk & Bike to School**
All Schools
- **Wellness Week May 5-9**
Districtwide



Thank You!

Questions & Comments

