



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

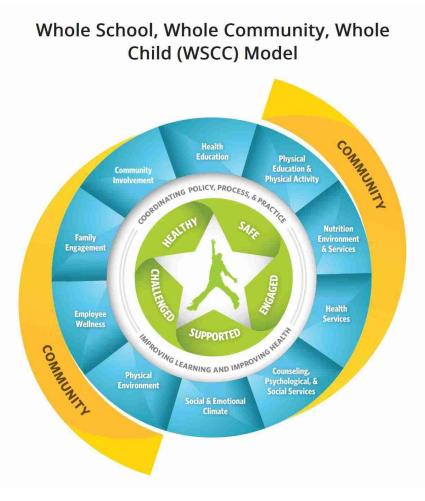


School District 197 Wellness

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



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

