

**NORTH LAKE SCHOOL DISTRICT  
WELLNESS COMMITTEE MEETING MINUTES  
JUNE 5, 2024  
CONFERENCE ROOM 116**

**1. Call to Order, Pledge of Allegiance**

Liesl Ackley called the meeting of the North Lake School Wellness Committee to order at 3:05 p.m. The Pledge of Allegiance was said.

MEMBERS PRESENT: Liesl Ackley, Karen Clauer, Jill Lesch, Debra Schaber, Jennifer Sellhausen, Beth Gatzow, Andy Daugs.

MEMBERS NOT PRESENT: Diane Cull, Madelyn Westphal.

**2. Confirmation of Posting, Open Meeting Clarification, Final Agenda Approval**

Public notification was reviewed and clarification of the open meeting's ruling was given.

*Debra Schaber moved and Jill Lesch seconded to approve the agenda as posted. Motion carried 7-0.*

**3. Public Comments**

- None

**4. New Business**

**a. Review and Discussion on Student Wellness Policy #8510**

**Required Public Involvement**

The district will include communication links on the school website regarding student wellness. A new student representative from grades 5-8 will be needed to replace Madelyn Westphal, a graduating 8<sup>th</sup> grader.

**Nutrition Standard**

The link to USDA Meal Pattern Requirements should be double checked annually to make sure the link is not broken. Although the District is not part of the Federal Lunch Program, we do participate in the federal special milk program by offering free milk to all students throughout the year. The District has also established a scholarship program called Funds for Families which provides free lunches to students of low-income families.

**Nutrition Promotion**

The appeal of the lunchroom, portions, and salad bar engagement were all discussed as they promote nutrition. Diane Cull suggested, even though she was not present but submitted written input, that grades K-4 not be allowed to order doubles as there is too much waste. There was discussion around birthday treats in the classroom. It was suggested that parents be given a list of food items that could be brought in as well as encouraging parents to bring in other non-food items like pencils and stickers.

**Nutrition Education**

Mrs. Clauer teaches the reading of food labels in grades 5-8 and utilizes real-life activities related to nutrition in grades K-8. Jill Lesch stated that in 7<sup>th</sup> and 8<sup>th</sup> grade guidance there is also a nutrition curriculum and nutritional awareness is also taught. The committee discussed that student allergies be clearly marked in Skyward and reinforced that teachers need to be aware of all food allergies in the building.

**Physical Activity**

The committee believes that outdoor recess is an important physical activity for our K-8 school district. Madelyn Westphal suggested, even though she was not present but submitted written input via email, that the Olympics program should continue as the students really look forward to Olympic years. Dr. Ackley stated that she was in favor of the archery program continuing to be taught. Karen Clauer stated that the roller blading program has been eliminated due to the time-consuming process of having to clean the equipment prior to the next class coming in for gym.

**Staff Wellness**

Dr. Ackley stated that the staff also participates in wellness activities such as women on weights, yoga, kickboxing program, and pickleball league in addition to the staff Give'em a High Five incentive.

**Fundraising**

Dr. Ackley stated that the only food related fundraising that took place was from the North Lake Education Foundation (NLEF) pizza fundraiser.


**b. Action on Updates to Student Wellness Policy #8510**

Even though no changes were made to the Student Wellness Policy #8510, it is recommended that more guidance to our families come from the office.

**5. Adjourn**

*Karen Clauer moved and Jill Lesch seconded to adjourn the meeting at 3:45 p.m. Motion carried 7-0.*

Respectfully submitted by:

 6-26-2024

School Board Clerk Signature / Date