ROGERS CITY AREA SCHOOLS

Wellness Committee

AGENDA

Date: February 4th. 2020 at 3:30 pm

Attendees: Vicki Paull, Adam Walker, Gabe Catalano, Jon Hoydic, Chelsea Pagels, Jessi ……………………..Peacock, Heather Kowalski and Jenna Vekaryasz

1. Compliance with the wellness policy
2. Food Service environment
3. Physical Education environment
4. School nutrition education environment
5. Encouragement of a healthy lifestyle outside of school hours
6. How the wellness policy compares to model wellness policies.
7. Are we meeting requirements?
8. Progress made in attaining the goals of the wellness policy.
9. How do we measure our data?
10. Recommendation for the revision of the Policy, as necessary.

MDE Checklist Review as follows:

Policy Document

RCAS has a wellness policy that is kept on file internally as well as being posted on the website. The policy has been updated as needed and reviewed in-depth for the Triennial Assessment.

Wellness Committee

Victoria Paull, RCAS’s Food Service Director, is the Wellness Committee leader who ensures each school building complies with the policy and has been selected to oversee the wellness policy work for the district. The committee is made up of community members and district employees, they meet as necessary to review and update the policy.

Policy Content

The policy specifically states that nutrition education will be included in the Health curriculum and physical education goal is to teach cooperation, fair play and responsible participation and shall stress the importance of remaining physically active for life. In regards to other school-based activities the District has the goal of attractive, clean environment in which the students eat and allow community and student access to the Districts outdoor facilities. The District will continue to support the health of students by encouraging parents to enroll their eligible children in Medicaid and eliminate any stigma for students eligible for free/reduced meals.