

Wellness Committee Agenda
10/13/25

Attendance:

- Brandi Schmoyer
- Dave Reinbold
- Nate Rinda
- Carley Rinda
- Ashleigh Rehrig
- Rebecca Schaeffer
- Michele Connors
- Donna McClain

Checklist Items/Comments

1. All reimbursable meals meet USDA nutrition standards.
 - **Yes- breakfasts are healthier this year. All mandatory audits indicate that our meals meet nutrition standard**
2. Drinking water is available to students at no cost throughout the school day.
 - **Yes- water fountains in hallways, water coolers in all tech rooms as well as the main office, fitness center, and nurses office. Students are allowed to have water bottles in classrooms.**
3. All foods and beverages sold during the school day (including vending machines, fundraisers, à la carte) meet Smart Snacks standards.
 - **Working towards achieving this goal. Our school store fully complies with the Smart Snack standard.**
4. Food is not used as a reward or punishment.
 - **Working towards this goal.**
5. The school promotes healthy food and beverage choices (signage, layout, taste tests, etc.)
 - **Yes- MyPlate posters are displayed in the cafeteria and fitness room; Smart Snacks are sold in our school store; in health class the movie “Super Size Me” is shown as well as lessons pertaining to good nutrition.**

6. Nutrition education is part of the health education curriculum.

- **Yes- Science & Health classes**

7. Nutrition education is offered in other subjects (e.g., science, PE).

- **Yes- Science, Health, Culinary & Health Medical all offer nutrition education.**

8. Students receive consistent messaging about nutrition and health throughout the school.

- **Working towards this goal**
 - **MyPlate posters hanging in the cafeteria**
 - **Slides pertaining to health and nutrition will be displayed in our cafeteria on our Smart Board.**
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9. The school provides PE to all grade levels in compliance with state/local mandates.

- **Yes!**

10. PE is taught by certified or licensed teachers.

- **Yes!**

11. Students have opportunities for physical activity during the school day (e.g., recess, classroom breaks, before/after school).

- **Yes**
 - **Walks for student “brain breaks” during academic blocks and throughout the day in Technical areas.**
 - **After School- Fitness center is opened to students during our after-school activity time**
 - **PE is a requirement for all of our students during their Junior (11th grade) year.**

12. Physical activity is not used as punishment (e.g., withholding recess or PE).

- **Correct**

Additional Information:

- **We will promote and share our wellness activities/policies/procedures through “Healthy Highlights” “Did You Know...” items in our Friday messages to students, families, and staff; information displayed in the cafeteria on our Smart Board; handouts available at designated areas during OAC meetings, Open House, and Parent Teacher Conferences; and social media.**
- **Policies are currently listed on our website.**