

Wellness Committee Meeting

April 30th 6:30-7:30pm

Attendees: Jaime Souza , ~~Kate McDearmon~~, Dawna Gregory , Katie Swanson , Colleen Tetreault, Kelly Fronk

Agenda:

Last Meeting Follow-up

14. Harmony: Jaime did bring up SEL at the Academic Committee meeting. Dr. Windham supports the program but at teachers discretion.
15. MN Sealant Program - Scheduled for May 18th
16. Rooted Together - any ideas on ways to support this event June 20th

New Business:

1. Family Tree Clinic Update
2. Dawna - Nutrition Invitation For Bid (IFB)

Minutes:

4/30/2026 – Wellness Committee Minutes:

Dawna – Lunch services out for bid every few years. April 15th live with bids and we will close on May 15th.

Large companies that bid: Premier Kitchen, CKC, Downright food

Post ad in the local newspaper. Local communities – socials, on website, etc. Any vendor that wants to be part of contract bid has 2 weeks to request. We've received 2 requests. Closes next Friday. We go with the least expensive.

Harmony: Jaime, Collen and I, Kelly to meet and talk through SEL and try to build for staff to utilize. Possibly more training. All of us need to be using the same language. Work on a united behavioral plan. Discuss with Dr. Windham. PBIS. Holistic well being of the child mental health and emotional health we play a roll.

MN Sealant Program: Coming May 18th. Program will offer services to students who have signed up. If time allows, they will come to class do a 15 second screening for each child and give a report on dental health for them to take home to their parent/guardian.

Rooted Together – wellness committee offer cucumber water and be present at the forest spa area. Looking for people to donate lawn chairs and poetry books. June 20th is the event. Possibly donate for the giving tree from the Wellness Committee.

Family Tree Clinic – notifying parents before of topics that will be covered. Possibly offering brochures before the discussion.

Getting products available for girls in the bathroom. A special pass to use the staff bathroom to feel more comfortable.

Action Items:

Colleen, Kelly, and Jaime to meet and discuss SEL & Behavioral Programs.

Provide products in the bathroom for girls.

Upcoming:

Recycling bins for next year. Wellness Committee – work on education for this and what comes next, discussing sustainability.

March 23rd 6:30pm - 7:30pm

Attendees:

Jaime Souza, Kate McDearmon, Kelly Fronk

Agenda:

Last Meeting Follow-up

17. PowerUp Challenge
18. Harmony

New Business:

3. Family Tree Clinic
4. Minnesota Sealant Program
5. Wellness in the Woods event update (Forest committee)
6. Bid for another food vendor

Minutes:

- PowerUp Challenge Follow Up - Going to ask at staff meeting for feedback - Staff liked PowerUp Challenge enough and are willing to do it again. We are in

agreement to change it to a separate month from the Read-a-thon. Do the same launch next year with carrot however, a different month than the read-a-thon.

- Harmony - Monday morning community meeting announcements are enjoyed. Through staff meeting feedback not all teachers are committed to doing Harmony regularly. Wellness Committee would like to change this and have teachers on board using the Harmony program. Jaime & Kelly to meet with Dr. Windham regarding implementation - Dr. Windham agreed that SEL should be implemented but wants teachers to choose to be on board. We will bring it to the next staff meeting. Jaime is going to be looping the academic committee in on Harmony and its importance for the students.
- Family Tree Clinic - Puberty and Health Education. Positive feedback from the committee on 4th and 5th grade receiving a talk from Family Tree Clinic. Parents were sent home opt out forms if they prefer their child not receive the education. We have had 3 opt outs. Schedule for April 15th (yes your taxes are due!).
- Minnesota Sealant Program - We plan to do a google form to see how many parents are interested and schedule for May. Jaime's slogan: Sealants before Summer.
- Wellness in the Woods event update (Forest committee) from Jaime: Plans to simplify this event. Rename: Rooted Together. June 20th morning event. Sound meditation followed by a pancake breakfast. Food truck style breakfast. Event will be more in the forest no run this year. Focus on the forest and raising awareness for the forest. Giving tree - fundraising. Live music - forest bathing area. Quiet craft activities. Forest wellness - we need forest and the forest needs us to keep them healthy and start that effort through a bio blitz. ID as many organisms as you can - science data we can use going forward.
- Wellness Committee to brainstorm ideas on how we can support Rooted Together.
- Nutrition Bid Update:
 - We will be proceeding with the IFB/RFP process in accordance with MDE requirements. This is a process that must be completed every few years.
 - As part of this process, we will complete the required packet, which includes establishing bid opening and closing dates, posting the opportunity on our website, placing a newspaper advertisement, and sending the information directly to our current vendor. Once bids are received, we will submit all documentation to MDE, including both vendors who choose to bid and those who do not.
 - After the submission deadline, MDE will review all materials and determine which vendor will be selected based on the bids received. This contract will be for the 2026–2027 school year and will remain in effect for three years, unless significant changes require a new bidding process.
 - At this time, no action is needed, as this is an administrative process and the final decision rests with MDE. Dawna will continue to keep the Wellness committee informed throughout the nutrition vendor bidding process, and Colleen can share updates with the board during their monthly meetings.

- Nutrition Invitation For Bid (IFB) will begin on April 15th and close on May 15th.

Action Items:

- Kelly: add Power Up Challenge to staff meeting.
- Jaime & Kelly: Meet with Dr. Windham regarding Harmony implementation.
- Jaime: Looping in the Academic Committee about Harmony.
- Kelly: Schedule with MN Sealant program for May. Build google form.
- Committee: brainstorm for ways to support Rooted Together.
- Dawna: Working on bids for food vendor - Kate willing to help.