



**Student Wellness Committee  
Wednesday, December 13, 2017  
2:00 p.m. to 3:30 p.m.  
The Anderson School**

**AGENDA**

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Members Present:

Samantha Bader	Health and Nutrition Coordinator
Sandy Edling	Assistant Director of Business Services
Carly Weist	Health and Wellness Assistant
Ashley Lee	Program Administrator, Pre-K Counts
Joshua Steff	School Counselor, Office of Non-Public Services
Sherri Becker	Community Representative
Cecilia Quenzer	School Nurse, Anderson School
Daniel Deegan	Health and Physical Educator
Georgine Fronzak	Program Administrator, Anderson School
Bridget McGuigan	School Nurse, Early Learning Academy

Members Absent:

Judy Colihan	Emotional Support Teacher
Paula Rice	Program Administrator, Head Start
Lois Robinson	Director of Student Services

The meeting was called to order by Committee Chair, Samantha Bader at 2:14 P.M.

Approval of previous meeting minutes

It was moved by Daniel Deegan and seconded by Georgine Fronczak that the Student Wellness Committee approve the minutes of the October 26, 2017 meeting. Motion passed unanimously

Our MCIU Board representative, Sherri Becker, will be leaving her Board position. A new MCIU Board representative will be selected at the January 2018 MCIU Board of Directors meeting. The Committee members thanked Sherri for attending the December meeting as a Community representative.

Review Student Wellness Policy Evaluation Tool –

This is a standard method to quantitatively evaluate the MCIU's Student Wellness policy. This evaluates the strength of how the MCIU's policy is written and not how well it is being implemented. The Committee reviewed the rating definitions for each section and standard of the tool. The Committee decided to complete the evaluations individually first, to get an overall average of the policy. Evaluations should be submitted to Samantha Bader via email by January 31, 2018.

- Samantha Bader outlined some examples that can be found in the tool. For example, “Nutrition curriculum is provided for each grade.” This is explained on page 4 of MCIU’s Student Wellness policy.
- Samantha Bader explained that if Committee Members find areas that could be improved, (meaning the statements in the policy could be stronger) that the Committee can recommend to the MCIU Board suggested changes for the policy. In addition, the Committee can add written procedures, instead of changing the policy.
- The Committee discussed that for MCIU’s circumstances and with the amount of different programs this policy will apply to that some items are intentionally vague in the policy.

### Fundraising ideas

It was decided at the Committee’s last meeting that the Committee would create a one-page visual handout for MCIU programs regarding fundraising ideas that follow the guidelines for Smart Snacks and selling food in a school environment. Some of the ideas the Committee began to brainstorm are as follows:

- Exercise events like a 5K run, Walk-a-thon, Dunk tank, or Jump Rope for Heart
- Utilizing the community parks and trails in the area for a Field Day or picnic
- Utilizing parking lot space by doing a fundraiser where a family member would pledge a dollar per mile, and do some kind of obstacle course
- Holding a talent show or trivia night
- Holding a garage sale where students and families would donate items, then sell them as fundraiser at a set location

### Non-Food Rewards ideas

It was also decided at the Committee’s last meeting that the Committee would create a one page visual for more specific non-food related rewards in the classroom. Some of the ideas the Committee began to brainstorm include:

- The Anderson School using a reward they call ‘Pass in the Class’, where a student can decide to not attend one class for the day as a reward for improved reading scores. They select a different activity of their choosing for that time period of the class.
- Earning choice time, becoming line leader, holding a special job for the day- these ideas were more geared towards the MCIU’s younger preschool students
- Having lunch with the principal or favorite teacher
- Extra time outdoors
- Non-food items like stickers, pencils, toys, etc.

### Next meeting topics

The next meeting of the Student Wellness Committee will focus on the review of our Wellness Policy Tool evaluations.

Next Meeting

The next meeting of the MCIU Student Wellness Committee is scheduled for Wednesday, February 14, 2018 at 2:00 P.M.

The meeting adjourned at 2:47 P.M.