



Wellness Committee Meeting

Date: Thursday, November 9, 2023

Location: Board Room

Members Present:

Jamie Fees

Michael Scares the Hawk

Lynn Lawson

Members discussed ways to incorporate Lakota foods into the food service program and how to communicate special days and menus to the community (i.e. Veterans and elders) through venues such as the local newspaper, Facebook, and the school website. Notice was given to include the nutritional values of the food.

PE/Health specialists on staff were asked to conduct a winter wellness program for staff to be role models who exhibit positive outlooks and healthy behaviors for the students.

The Curriculum Director and principals will support staff in using the SD Health Education Standards.

Principals will be requested to discuss with their staff the need for the integration of nutrition education into a variety of subject areas. All committee members are requested to review the Wellness Policy and come to the next meeting on December 7, at 1:30 PM MT with input regarding the integration of nutrition and wellness into subject areas throughout the school and also into the community, supported by a written action plan.