



Kelliher Public Schools  
Independent School District #36  
345 4th Street NW, P.O. Box 259  
Kelliher, MN 56650  
Phone: (218)647-8286  
Fax: (218)647-3110

## MEETING AGENDA

Date: Tuesday, October 7, 2025      Time: 7:30 AM      Location: Conference Room

Meeting Purpose: Wellness Committee Meeting

Present:

Absent:

Meeting Roles:

Facilitator: Jeff      Note Taker: TBD

Agenda:

### 1. Follow-up & Updates

- a. Jeff will call Mya (SHIP) and Terri (MDE) -
  - i. Justine has invited Terri Swartout
- b. [Wellness Policy 533](#) (MSBA updated 2022) - Jeff
  - i. [School Food & Wellness Guide- What can we eat?](#)
- c. Upload Documents/Resources/Templates - [MDE Wellness](#) - Jeff
  - i. [MDE School Wellness That Works Tool Kit](#)
    - [Action Plan Template](#)
    - [Local Wellness Policy Checklist](#)
    - [Triennial Assessment Template](#)
    - [WellSAT Assessment](#) (Jeff has an account)
      - [Policy Questions](#)
      - [Practice Questions](#)
    - [What Staff Need To Know...](#)
- ~~d. Amy will get student reps for Wellness Committee done~~
- ~~e. Jeff will get board member reps done~~

### 2. Determine next steps (Action Items)

- a. Top priority
  - i. [WellSAT Assessment](#): Who > TBD    When > complete by Oct. 15
  - ii. [Triennial Assessment](#): Who > TBD    When > complete by Oct. 30
  - iii. [Revise Wellness Policy 533 and Checklist](#): Who > Jeff    When > complete by Board Meeting on Nov. 17
- b. Next priority
  - i. Action Plan: Who? When?
- c. Other?



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### **3. Set next meeting date**

Next Meeting:

Date: TBD Time: 7:30 Location: TBD

#### Committee Members:

Jeff Nelson, Superintendent

Sherri Dahl, Principal

Justine Nistler, Food Service

Sara Rygss, PE Teacher

Amy Mastin, Ag/Science Teacher

Courtney Moyer, FACs Teacher

Carly Amsden, Interventionist

Missy Brambrink, Health Office

Calvin Mayers, Facilities/Custodial

Dawn Gelhart, Childcare Center

Kim Olson, Teacher- Reading

Mary Thayer, School Board Rep

Kevin Waldo, School Board Rep

Ari Smischney, Student Rep

TBD, Student Rep



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