



Middle Grove C-I School District
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A School Community Devoted to Academic Excellence

Middle Grove School District Health and Wellness Advisory Meeting
March 12, 2025

Meeting Minutes

I. Review of Wellness Policy – ADF

All attendees received a copy of the Wellness Policy and the evaluation. Mr. Vitt reviewed the physical activity guidelines and suggested upon board approval to change the minutes of recess per day from MSBA suggested 60 minutes to 20 minutes. Also, upon board approval the minutes of MSBA physical education state 60 minutes and should be 50 minutes. That would also change the average minutes of physical education per week to 120 minutes during a 4-day school week rather than the MSBA 150 minutes during a 5-day school week. The middle school program information regarding physical activity will be stricken from the policy as it does not apply to our district.

Breakfast times were reviewed and upon board approval will be changed to allow additional time for the 25-26 school year. The lunch minutes were reviewed and upon board approval will be changed to 25 minutes for all students for the 25-26 school year.



II. Policy Implementation Evaluation

Mr. Vitt lead the discussion regarding the evaluation form. After all scores were tallied it showed that Physical Activity/Education and Nutrition Guidelines continue to be a high priority for our district

III. Members Present

Aaron Vitt, Superintendent	Patricia Hancock, Bookkeeper/Adm. Asst.	Terri Cox, Food Service
Stacy Wood, Adm. Asst.	Carol Johnson, Title Teacher	Sheri Vestal, Title Teacher
Liz Crutcher, Title Teacher	Cassidy Herrin, Parent	Robin Knepler, 2-3 rd gr.
Cassie Schmidt, Parent	Sarah Hoppe, Paraprofessional	

IV. Next Meeting

TBD