



Independent School District #146
Wellness Committee Meeting
7:30 AM on February 8, 2022
Barnesville High School
302 3rd Street South
Barnesville, MN 56514

1. “Winter Wonderland” Wellness Question – Week of February 14
2. “March Madness” Physical Activity Challenge
3. Dental Care Access Resources
4. Checklist of Suggestions to Impact Vaping
5. Live More Screen Less Resource
6. Food Service Updates
7. Wellness Policy Action Plan

School Wellness Policy Action Plan

School Name: Barnesville Date: 2/8/22

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
1. Representative wellness committee	1a. recruit student 1b. classroom teacher 1c. who is missing?	ongoing	Full Committee	Wellness Committee	School District and its constituents	
2. Vaping Education or Anti Vaping Campaign	2a. Get student input 2b. explore student- level involvement/training at Student Council 2c. messaging throughout school 2d. Emphasis in 8 th and 10 th grade health developing student ambassadors to present to younger grades	SY 21-22	Reduction in vaping	Health Teachers, Wellness Committee, Student Leaders	Students, staff, community	
3. Support Staff Wellness efforts	3a. Wellness questions 3b. Healthy snacks in lounges 3c. promote wellness conference 3d. One person can make a difference 3e. water availability	ongoing	Participation		Staff	