

Wellness Meeting

August 13, 2026

Wellness Team

Members Present: Thad Rathjen, Lisa Gerlach, Angela Vogt, Amanda Jensen, Kim Stengel, Lucas McCain and Mark Bejot

Members Absent: Sheri Hartley, & Megan Hejtmank

The team examined the local wellness plan goals. Three specific goal areas must be addressed in the local wellness plan which includes: Nutrition promotion & education; Physical activity; and one other school based activity that promotes student wellness. Following the wellness plan review the team decided to continue engaging the greater Maywood Community in providing school wellness activities.

The Wellness Team set three goal areas for the upcoming 2026 -27 school year. Nutrition Education goals are to incorporate Smart Snacks sales twice per day and establish a group to sell smart snacks. Second goal is to help students make wise nutrition choices eating healthy foods in lieu of unhealthy foods.

Physical Activity goals are to purchase addition recreation equipment like outside volleyball net, flag football and encourage junior high students to become more active in physical education. The team elected to continue the color run in the spring.

The Health & Community Involvement Goal is to engage community, school health initiatives such as encouraging school physicals, Polish Your Pearls, vision examinations, and utilize Virtual Health through Children's Hospital services offered in the school office.

The meeting adjourned

Respectfully Submitted,

Mark Bejot