Mounds View School District
Wellness Committee Meeting Minutes
April 14, 2026
2:00-3:00 pm
District Center - Boardroom

Committee Members Present:

- Nutrition Services : Heather Schmidt, Sarah Studley, Traci Hilmanowski
- Health & Physical Education: Heidi Shah
- School Administration: April Berthiaume, Gretchen Zahn
- Ramsey County Community Attendees: Himali Patel

Committee Members Absent:

- Mental Health: Julia Geigle, Chad Jayasekera, Colleen O'Neil
- Student Support: Sarah Osterman
- School Administration: Kristel Linn
- Ramsey County Community Attendees: Selena Salfen

1. Wellness Committee Review/ Update
    a. Review February 2026 Meeting Minutes
    b. Updated wellness policy posted on wellness website
2. Share any School happenings, Community involvement/connections
    a. Legislative hearing yesterday, about K12 State Health Standards, unsure of outcome. Heidi will update the group.
    b. Annual Educators Thriving survey was emailed to all staff in Mounds View School District in partnership with MVEA.
    c. Himali updated the MVPS Ship funding with Ramsey County is still in process.
3. Wellness committee members - agree to another year?
4. Wellness information shared with parents in August email communication from Nutrition Services
5. Wellness information shared with staff in August or September email communication via Staff Net - will work with Megan in Communications
    a. Message from school start up 25-26:

Healthy Celebrations

As you are planning celebrations, the District Wellness Committee encourages you to choose activities that promote healthy lifestyle choices! School celebrations are a perfect opportunity to promote good nutrition, build developmental relationships, engage in physical activity and participate in a fun learning opportunity. Please view the district wellness webpage for healthy celebration ideas that support student wellness!

- Ideas for healthy and active celebrations
- Tips from the CDC on healthy celebrations

ADD for 2026 : Food sold to students must meet USDA's Smart Snacks in Schools nutrition standards. Please view the district wellness webpage for more information.

Next school year meeting dates:
October 20, 2026
November 17, 2026
February 23, 2027
April 20, 2027