



Lake of the Woods School ISD #390
May 07, 2026 @ Via Email
Wellness / Community Education Committee Meeting - Via Email
Meeting Agenda

Members Present: Sign in via e-mail by replying with ideas, comments, or questions. If you do not have any ideas, comments, or questions, reply via email stating “Here”.

1. Meeting begins on 05/07/26 - Via Email

2. Introduction

- a. Wellness Committee Scope & Purpose
 - i. Ensure we are following Minnesota Department of Education (MDE) guidelines for Wellness within the Lake of the Woods School system.
 - ii. Ensure we are giving students and staff the best we can when it comes to their health and well-being.
 - iii. Seeking input from staff and community members regarding the health of students and staff at Lake of the Woods School.
- b. Lake of the Woods School Wellness Sub-Committee Members
 - i. Sam Lyon - Athletic Director
 - ii. Micah Haack - Head Cook
 - iii. Tiarra Shaw - District Assessment/MARSS & Student Data Systems Coordinator
 - iv. Jill Olson - Accounts Payable/Administrative Assistant

3. New Business

- a. Updated School Board Policy 533: Wellness
 - i. [Policy - 533: Wellness](#)
 - ii. The school board approved the recently updated policy during the 04/27/26 regular school board meeting.
 - iii. The updated policy includes language that aligns with the WellSAT 3.0 (an MDE-recommended assessment for policy compliance).

4. Community Input

- a. STUDS (Students Teaching Uniform Decisions)
 - i. [2025-26 Prevention Needs Assessment results](#)
- b. The committee is looking for ways to offer more adult Community Education classes.
 - i. [Google Sheet Link - Ideas for the Wellness Committee](#)
- c. The committee is looking for ways to mesh the school wellness committee with the community.
 - i. [Google Sheet Link - Ideas for the Wellness Committee](#)
- d. The committee is looking for any other community input concerning wellness.
 - i. Respond with ideas via email or within the Google Sheet link above.

5. Moving Forward/Next Steps

- a. The wellness committee will compile all responses and information added to the “Ideas for the Wellness Committee” Google Sheet and email the minutes for this meeting by June 17, 2026.

6. Next Meeting

- a. Wellness Sub-Committee Meeting: 06/16/26 @ 3:00 PM to compile 05/06/26 meeting results
- b. Community Ed Sub-Committee Meeting: ____TBD____
- c. Overall Committee Meeting: ____TBD - 2027____

7. Meeting Adjourn: 05/13/26 - Final day for ideas & other item submissions via email