

District Wellness Committee Meeting

Meeting called by Melissa Alley and Karis Pugh

Wellness Meeting Date: January 16, 2025

Meeting Time: 4-5 PM

Meeting Place: Pine Island Elementary Media Center

Attendees: Committee Members, Open to Public

The following were invited by email because they have been to a meeting in the past or expressed interest. Meeting advertised in newsletter, email, and facebook.

- Karis Pugh- CP School District nurse, parent
- Melissa Alley-Food Service Director
- Amberly Petersen-Assistant Food Service Director
- Whitney Zillmer- Mill Creek Secretary, parent
- Kelsey Reyes- Mill Creek Secretary, parent
- Nicole Olger- CP parent
- Melissa Vader- MC Counselor
- Robb Hurt- Dean of Students MC
- Dave Stump- MC Gym teacher
- Chris Dart- CP parent, employee
- Rhonda Lehan- CP employee, parent
- Missi McPherson- Support Services Coordinator
- Lindsey Rodamer- Community Member/Parent
- Jamie Keasler-Community Member/Parent
- Trisha Dart-Community Member/Parent
- Stephanie Goyette- Community Member/Parent
- Suzanne VanderVeen- Community Member/Parent
- Anna Stornant- High School Counselor
- Shanon Calhoun- Community Member/Parent
- Carie Drake- Special Education Coordinator
- Tracey Slack- Special Education Secretary, GR, parent
- Loraine Boyce- employee
- **Jamie Chivis- parent(new)**
- **Jasmine Jelsema- parent(new)**
- **Micah Manore- parent(new)**
- **Lanna Walters-parent(new)**
- **Gina Boscarino- CP Staff (new)**

Agenda:

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- Welcome everyone/Introductions
- Celebrations/Updates:
 - Food Service is receiving the 10 Cent per meal local produce grant for the 2024-25 school year
 - Stoney Creek Kitchen and Cafe Remodel
 - Girls on the Run- (running program and curriculum for grades 3-5i) is coming to Pine Island Elementary
 - At Stoney Creek the YMCA is running a before and after school daycare program
- **Kidney Foundation Presentation- Welcome!**
 - Sue Randall(616-458-9520 ext. 2004)presented from The National Kidney Foundation
 - She gave us bookmarks w/ QR codes for us to share with anyone 18 & up to take a quick health quiz
 - She is interested in being apart of our school health fairs
 - She does sugar demos for kids to see how much sugar is in certain items
 - Developing a nutrition program-Reggies Rainbow Nutrition for kids to teach about the importance of nutrition(coming in the next 6 months)
- What we hope to accomplish with the wellness committee-topics we want to focus on:Nutrition Education, Nutrition Promotion, Nutrition Standards & Guidelines, Physical Health, Physical Education & Activities, Mental Health
- [Comstock Park's Triennial Local Wellness Policy Assessment 2023-24](#)
- Review [Comstock Park's Wellness Policy](#) updated 2021
- [Comstock Park's Wellness Committee Update 2023-24](#)
- Initiatives so far this school year: [Wellness Presentation January 2025](#)
- Hand out [Local Wellness Policy Goals](#).
- Focus for 2024-25
- Elementary Teacher Classroom Party Survey
 - would like to send this survey out by end of February
 - [Elementary Teacher Classroom Celebration Survey 2024-25](#)
- Healthy Classroom Celebrations Book
 - would like this to be a resources for teachers and parents
 - [Healthy Celebrations and Rewards Book 2024-25.pptx](#)
 - would like to pilot a classroom at Stoney and at Pine Island next year for healthy classroom parties
- Promoting and using local produce
- Create a Healthy class party flyer for parents
 - [Sample-Parents-Letter-Healthy-and-Active-Celebrations English.docx](#)
 - [Sample-Parents-Letter-Healthy-and-Active-Celebrations Spanish.docx](#)
- Develop resources for teachers and parents to use focusing on student wellness

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[School wellness Healthy classroom parties informational websites 2024-25 .pdf](#)

- Monthly Food Service Newsletters
- The Reproductive Health Board is updating the curriculum.
- Dental Health Screenings coming 2025-26 school year.
For All Kindergarteners
 - Mobile Dentist do they have a video we could share on what they do
- MI Heart Safe Schools renewal coming up.
- Safety drills w/ cardiac equipment and 2 drills per building per year.
- First year teachers must have CPR and first aid training
 - Check w/ Karis on CPR training for food service
- Full scale active shooter drill in August
- Emergency operation plans updated annual
 - Working on updated for afterschool events as well
- Working on a New behavior assessment plan
- Middle school is using "I wellness" survey every monday for students to assess their mental health
- Area we would like to focus on is educating parents face to face(brainstorm ways we think we could reach the most parents)
 - maybe during conferences, sporting events
 - Topics we would like to educate parents about.
- 2024-25 Committee Meetings-
 - Goal is 2 Meetings
 - ❖ April or May?
 - ❖ Day of the week? Thursdays?
 - ❖ Timeframe? 4:00-5:00 PM?
- Comments/Questions

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