Comstock Park Public Schools

District Wellness Committee Meeting
Meeting called by Melissa Alley and Karis Pugh

Wellness Meeting Date: November 15, 2023
Meeting Time: 4:00pm-5:30pm
Meeting Place: Central Office Conference Room

Attendees: Committee Members, Open to Public

Invited and updated by Email:

- Karis Pugh- CP School District nurse, parent
- Melissa Alley-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
- Tricia Dart-Community Member/Parent
- Stephanie Goyette- Community Member/Parent
- Suzanne VanderVeen- Community Member/Parent
- Anna Stornant- High School Counselor
- Shanon Calhoun- Community Member/Parent
- Amberly Petersen- Food Service
- Carie Drake- Special Education Coordinator
- Tracey Slack- Special Education Secretary, GR, parent

Present at meeting: Karis Pugh, Melissa Alley, Missi McPherson, Anna Stornant, Carie Drake, Tracey Slack (no zoom attendees)

TOPICS:

- What we hope to accomplish with the wellness committee-Discussed different topics we want to focus on(Nutrition Education, Nutrition Promotion, Nutrition Standards & Guidelines, Physical Health, Physical Education & Activities, Mental Health): Decided main focus for this year should be

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on mental health.
- ○ Wellness Policy is updated and presented to the board every 3 years: Due June of 2024
- ○ Find a way to share wellness programs throughout the district and communicate to the community. We are all doing the work, but need to communicate between schools.
- Reviewed [Wellness Policy 8150](#)- Shared Changes that were made in June 2021 and updates from 2022-23 school year.
  - ○ *We need a representative from physical education- Karis will reach out to Dave Stump, Robb Hurt, Charlie Hess and/or Ian Hamilton with our questions. Compile a list of questions.*
  - ○ *We need a representative from Stoney Creek Elementary.*
- [Local Wellness Policy Checklist](#) -Discuss with Committee
- Discuss items we already do to promote wellness-there were many.
  - ○ Breakfast in the classroom- huge difference in behavior and learning. Teachers are modeling manners, conversations around a table with a meal, self sufficiency, portion size. The breakfasts have an extra item in them so they can be saved for snack time.
  - ○ Mental Health-31aa Mental Health and Safety Grant- this grant will provide financial assistance towards security, safety, and mental health. Considering possible contracted workers to support mental health services in schools.
  - ○ Partnered with the Clean Closet, the Giving Closet, Holiday Help, Comstock Community Outreach Meetings, Golden Panthers, MI Heartsafe Schools.
  - ○ High School: Trails curriculum.
  - ○ Gina Boscarino, Project Success Coordinator from Wedgewood Mental Health Services is working full time in our district.
- Handed out [Local Wellness Policy Goals.](#) Go over items we already do in the district.
- Decided on a couple topics we want to focus on for this school year
  - ○ Support for mental health in schools
  - ○ Education for families: Attendance, mental health, vape prevention education, nutrition.
  - ○ Consider starting Vape Education younger- ?Pine Island
  - ○ Educate families and kids about the importance of eating breakfast and lunch.
  - ○ Reviewed [Triennial Assessment](#)- please review and add comments to our goals. This paperwork is due in June.
- Discussed upcoming meeting dates and times
  - ○ **Next meeting: February 7th, 4pm-5pm.**
  - ○ Brainstormed how to get better attendance: more snacks, better visibility and advertising.
  - ○ Wellness Folder on Google. Links will be placed on the Food Service page as well under school wellness (run by Melissa), and on School Health Program Page (run by nurse).

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