

## District Wellness Committee Meeting

Meeting called by Melissa Alley, Karis Pugh

**Wellness Meeting Date: February 7th, 2024**

**Meeting Time: 4-5PM**

**Meeting Place: Central Office Conference Room**

**Attendees:** Committee Members, Open to Public

Invited by Email (highlighted if present at meeting):

Karis Pugh

Melissa Alley

### Agenda:

- Welcome everyone/Introductions
- Updates 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):
  - Wellness Policy is updated and presented to the board every 3 years: Due June of 2024-**We plan on sharing our Triennial Assessment with The superintendent and the board of education in their Friday Memos at the end of April 2024**
  - Review new NEOLA policies-**We reviewed the Neola policies to see if there were any updates to our current policies. We found the Student Mental Health and Suicide Prevention Policy. It looks like we may need to do some updates to our policy. Missi was going to speak to Dave about this policy**
  - Mental Health Grant Update-Missi
  - Healthier Choices Update to Community-Karis
  - [Grid review](#)-**MAIN FOCUS DURING MEETING.**
  - **We reviewed the Triennial Wellness Policy Assessment(Grid Review) line by line. Items typed in red are in progress and items we need the wellness committee's help on finishing this school year. Items typed in green are areas Food Service is working on completing before the year is over. Please let Melissa or Karis know if you are able to work on any of the red items.**
- Reviewed [Wellness Policy 8150](#)-
  - Make sure all applicable
  - Up to date-**our current wellness policy was revised and changed in 2021. It is all up to date and does not need to be changed.**
  - review-**We reviewed our current policy line by line and are in compliance**

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# Comstock Park Public Schools

Karis Pugh  
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- Hand out [Local Wellness Po](#)
- Discuss new/current wellness events. Spotlight!
- Discussed upcoming meeting dates and times-did not discuss next meeting date. Stay tuned
  - **Plan to have food/snacks.**
  - Shared 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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