

District Wellness Committee

Meeting Minutes

February 28, 2018

I. Member Reports/ New Member Additions

Welcome new members – Melissa Hardy, Alecia West

II. Student Reports

PE/Health Goals

- Teachers have provided students with pretest, posttest will be completed later this spring

Healthy Habits for Life Class

- Running class on Wednesday's and Thursday's

BCBS Healthy Kids Club -

- Grant based funds for playground equipment
- They came out to do 6 20 minute lessons
- Funds were provided to have a healthy kids club.
 - 26 – 40 kids
 - Bring a healthy snack

BCBS

- Middle School and High School options are available

Health Curriculum Review

- Integrate Wellness Policy as part of the health curriculum update process.

Warren Mott

- START Initiative
 - Shut off phone/electronic devices
 - Proper sleep
 - Address issues ahead of time before it becomes a various issue.

WEA

- Step challenge
 - 45 participants
- Zumba Thursdays

Food Service

- Henry Ford – offers programs for schools that are at least 50% free and reduced lunch
- Taste testing – snow days have delayed, more planned. Indian food is the next taste test planned for April.

School Nurses

- Lens crafters program
 - Sterling
 - Wilkerson
 - Cromie
 - Lunch provided, vision screening, glasses provided on the spot if necessary.

SHHS

- Started to participate in Blessing in a Backpack with the MICI program.
- Before school open gym, grown from 1 to 3 gyms.
- Students eat breakfast after morning open gym.
- Conferences healthy dinner

Cousino

- Working on Kickball and/or Co-ed Volleyball tournament.

Utilize Social Media platform to promote wellness events

III. WCS/Gleaners Partnership – John Bernia

Work with Gleaners/MDE on a program – Best Food Forward

Want to go something but struggling to find out exactly what.

Corner of the school district has been identified

- Siersma, Green Acres, Lean, Beer, Warren Mott

Food Mobiles

Breakfast and Lunch participation

Steering committee – meets more often

Work groups – meet less often

Planning – Setting dates

Community Awareness Groups

Nutrition Education Group

Looking for participants within the community and district.

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