



Warren Consolidated Schools

Creating Dynamic Futures through Student Achievement, High Expectations, and Strong Relationships

Wellness Committee Agenda & Minutes

November 2, 2022

- A. Welcome & Introductions
- B. Overview of Committee Purpose & Policy
 - a. [Board Policy 8510](#)
- C. Review of minutes from May 2022
- D. Identification of goal/goals for 2022-2023 school year
 - a. American Heart Association – Go Red/Jump Rope for Heart
 - Corey and Frank had talked prior to the meeting and felt it best to start small. Reinstating relationship with AHA (Go Red) would result in a good return with little effort. Staff asked about it last year when we did not do it.
 - Frank is willing to take lead
 - Jump Rope for Heart
 - Again, good return with little effort, good for district wide initiative
 - All during PE time, no additional time needed
 - PLC meeting utilized to work with PE teachers
 - National date with flexibility
 - Building Healthy Communities
 - Possible Wayne State – come in to classroom and teaches class
 - Multiple lessons throughout year
 - Khris to get contact info for Corey
 - Dr. Lauren Whalen
 - b. Student leadership
 - Representation from MS/HS on committee
 - Alicia will take lead and tap into NHS students
 - c. Parent participation
 - Parents have role to raise awareness
 - Website – links to CDC are not working – Terri to work on
 - d. School-based wellness initiatives
 - Each school should have own initiatives
 - Recommend to start fresh with new school year (23-24)
 - Goal for spring to be ready to launch in fall
- E. Merging Wellness with SEL Committees
 - Wellness focuses on adults
 - SEL focuses on students
 - SEL needs to meet significantly more times
 - Policy for Wellness to meet quarterly



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Committee Members:

Amanda Abernathy
Ann Clark
Pamela Fry
Frank Kyewski
Albana Metaj
Khris Nedam
Corey Tremmel

Brian Aiosa
Doreen Dickman
Jennifer Grigg
Terri Laws
Craig Miller
Megan Papasian-Broadwell

Jill Alm
Caroline Dylewski
Ashley Agrusa
Kyla Marcial
Ronetta Muha
Alecia West