



Warren Consolidated Schools

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

Wellness Committee Agenda & Minutes

May 18, 2022

A. Welcome & Introductions

B. Overview of Committee Purpose & Policy

a. [Board Policy 8510](#)

Review of items tasked by board policy.

Overview of policy – school lunches, nutrition policies

C. Review of Current Wellness Initiatives

a. Mental Health

b. Suicide Awareness

Current established committee through Rick

Adding threat and suicide component

On hold due to training at ISD

Avoid duplication of efforts

c. Student Initiatives

Vegetable gardens

Eye Care (partnered with Lenscrafters) bussed student to sites for day, eye exam, lunch, free same day glasses, ended due to COVID but still able to send individual students

d. Staff Initiatives

Wellness competitions between schools (blood drives, walk clubs, listed on Wellness page). Activities tapered off due to COVID, thoughts to bring back.

Partnership with America Heart Assoc (Go Red Day) - successful

e. Nutrition

Audits

Minutes on website, publicize goals/accomplishments

Assessment every three years

Community can attend committee meetings

Focus on physical/nutrition education

D. Identification of Initiatives for next school year

a. Focus & direction

Look at SEL committee (social and emotional support for students, Wellness committee focus on staff)



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Walking challenges

Benefits staff out to buildings

Nutrition education review – small pockets mixed in, but not primary in K-12 curriculum

SEL Committee – calming rooms, packets to parent with mental health resources, website can be overwhelming, work on suicide information for secondary schools. Looking forward on mindfulness, restorative practices, diversity and inclusion, trauma and resilience. Staff – cultural competency. Easily available resources through benefits/MESSA.

Hire staff for diverse resources.

Physical health – diabetic nutrition out of control, need education on what to eat, etc.; exercise, healthy eating. Outside resources brought in (MSU extension – nutrition education)

Review Wellness Page (community/staff), send links for resources to Terri, remove out of date information, CARES newsletters on website

- b. Any data collection needed?
 - i. Previous years surveys
 - Mostly focused on what Wellness Committee should look like

E. Action Items

Next Wed

- Update on website material
- Links to resources/organizations
- Additional ideas
- Crossover/liasons with other committees
 - Health Advisory Board (Brian Aiosa chairs)

Jenn to follow up with Frank for past data/John for past information

Next meeting

- Set goals for 2022-2023 (add mental health as goal)



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Committee Members:

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

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

Jill Alm
Caroline Dylewski
Wen Guo
Kyla Marcial
Ronetta Muha
Alecia West