

# District Wellness Committee

## Meeting Minutes

March 21, 2019

1. Elementary Survey — Frank Kyewski
  - a Kahoot – 13 questions, add pictures, add days to survey answers
  - b Black Elementary will pilot the survey.
2. Website Update — Terri Laws
  - a Employee Wellness – Messa Posters, Grant opportunities available to principals.
  - b Community Wellness -
3. Grant Opportunities
  - a See Employee Wellness page for various grant opportunities.
4. Member Reports
  - a Food Service –
    - i Completing grants for summer feeding programs.
    - ii Dietetic Interns available for elementary buildings to teach nutrition lessons.
    - iii Gleaners – Mobile food bank at Siersma Friday 3/22.
  - b Curriculum – MS Health classes incorporating 3 week personal health and wellness unit previously untaught.
  - c Black Elementary
    - i Zumba Wednesday's, Yoga Thursday's
      - 1 Open to all employees, \$5, Both begin at 4:15
    - ii Has a mindfulness room, where students can go for a variety of reasons to relax/calm down.
  - d Mott – Skill based group started to address anxiety issues.
  - e Ascension Health – Lead nurse from clinic at Mott will be joining the Wellness committee.
5. Suicide Protocol Documents
  - a Please Review. We will discuss at next meeting.