Thursday November 13, 2019

Local Wellness Policy Committee Meeting:

Attendance: Bill Dygert, Mary Spade, Scott Pfeiffer, Eric Meloche, Melissa Corona, Deb Paquette, Nikki Meloche, and Tristan Livock,.

1. We looked at the current Wellness Policy to see if we needed to make any revisions. Everyone made sure that we are still in agreement with this policy. Everyone is adhering to the current wellness policy. Then we went through each school and reviewed what they are doing this school year to promote health and wellness.
2. Bloomingdale Elementary –Bill Dygert – The following activities have occurred or are planned for Bloomingdale Elementary.
3. Jog-a-thon on October 18th.
4. Girls running club scheduled for spring.
5. 5th Grade is participating in “Keep a clear mind” program on drug awareness.
6. ACES – All Children Exercise Simultaneously – Every May
7. Fresh Fruit and Vegetable Program is being delivered 2 times a week.
8. They take Brain Breaks during the school day.
9. Hold atleast 2 school dances a year for afterschool activities.
10. Pullman Elementary – Melissa Corona- The following activities have occurred or are planned for Pullman Elementary.
11. Morning walking club – started beginning of the school year
12. Spring walking club – start after the weather permits this spring
13. Brain Breaks during the school day.
14. Building Healthy Communities Wellness Team
15. ACES – All Children Exercise Simultaneously – Every May
16. 5K Fun Run and Walk on April 26
17. Hoops for Hearts in the winter.
18. Fuel up and Play 60 program
19. Fresh Fruit and Vegetable Program is being delivered 2 times a week
20. Hold at least 2 school dances a year for afterschool activities.
21. Bloomingdale MSHS – Mary Spade, Nikki Meloche, and Scott Pfeiffer – The following activities have occurred or are planned for Bloomingdale MSHS.
22. We have a staff members to teach the “Michigan Model”
23. Weight Lifting program in place before and after school for staff and students.
24. Middle School and High School had a Walk-a-thon on November 7th.
25. Middle School and High School had a Scavenger Hunt on October 25th keeping students active.
26. Middle School and High School have a fun day planned with lots of outdoor activities and games planned for the students
27. We have all grades attending atleast one incentive field trip a year that will include some type of physical activity.
28. We hold 2 – 3 school dances a year for all grades for afterschool activities.
29. Bloomingdale Public School District – Deborah Paquette (Superintendent)- The following activities occur in our community or school district.
30. Memorial Day Run on May 25th in Bloomingdale organized by Athletics
31. Senior Citizen Luncheons during the school year where we bring in the seniors of our community and provide them with nutritious healthy lunch and a place to reconnect with their friends in the community. This event takes place 5 times during the school year.
32. Food Service
33. The food service program has helped with implementing the smart snack guidelines within our school districts, and has worked towards meeting and exceeding all the new USDA guidelines. Also, we keep revising our lunch menu to add new healthier main entrée and side options to serve the student body.
34. Keeps nutritional education materials and games on their website for parents, staff, and students to use.
35. Offers a free nutritious breakfast and lunch for all students.
36. Allow students time to use the gym or go outside and move around after they are done eating lunch in the MSHS.
37. Operates a Fresh Fruit and Vegetable program in both elementary schools.

We will continue to meet every November to make sure we are staying on track with our wellness policy. We will continue to ask the general public if they want to attend this meeting and have input.