

Wellness Committee Meeting Agenda  
January 31, 2023

1. Wellness Committee Members
  - a. Audrey Ming- MPS Wellness Coordinator/ Elementary Counselor
  - b. Grace Durham- Director of Special Services
  - c. Amanda VanWinkle- MHS PE Teacher/Parent
  - d. Jennifer Marquess- OPAA Director
  - e. Melinda Coslet- MHS Assistant Principal
  - f. Adam Viquesney/ Rachel Hayworth- Salt Fork YMCA/ Parent/ Community Member
  - g. Travis Ewart- Elementary PE Teacher
  - h. Crystal Jansen- Elementary Nurse
  - i. Amy Weber- Fitzgibbon Hospital/ Community Member
  - j. Margaret Severini - BMS PE Teacher
  - k. Marlana Zank- Benton Elementary Teacher/ Parent
  - l. Lillian Griffitt- MHS Student
  
2. Policy Review –  
[https://docs.google.com/document/d/16KAIZD9gl-nOCiA8jx62LKCaB6vQRyS/edit?usp=share\\_link&oid=117842223212876784383&rtopof=true&sd=true](https://docs.google.com/document/d/16KAIZD9gl-nOCiA8jx62LKCaB6vQRyS/edit?usp=share_link&oid=117842223212876784383&rtopof=true&sd=true)
  
3. Nutrition Education
  - a. Health, including nutrition, & P.E. are taught at all grade levels
  - b. Health Screenings are held at all school buildings
  - c. Wellness policy on website
  - d. .5 Health credit is required for high school graduation.
  
4. Physical Activity
  - a. Recess is held at the elementary levels 20 minutes daily
  - b. P.E. classes are held once to twice per week, every 4 days for 50 minutes (elem).
  - c. Physical activity is not withheld as a form of punishment.
  - d. At high school, 1 P.E. credit is required for graduation.
  - e. Athletic Trainer at MHS is supplied by Fitzgibbon Hospital. This is to ensure safety of the district's athletes while maximizing opportunities to participate in competitive sports.
  
5. Family Involvement
  - a. Project Share includes health stations, parents and the community are encouraged to attend.
  - b. Wellness policy on website.
  - c. Provided parents with ideas for healthy celebrations and snacks through newsletters and events.
  
6. Health Education
  - a. Mental Health Week district wide
  - b. Counseling team at elementary schools teach about health topics within lessons (safe touch, drug free)
  - c. Dangers of smoking and drugs
  - d. Introduce job opportunities within the health community within MO Connections
  - e. Schools must provide suicide prevention training and response in grades 5-12.
  - f. CPR and AED training for staff
  - g. Play Days at YMCA for elementary (in the past but not recently)
  - h. Sports Physicals were offered to students by Fitzgibbon Hospital free of charge.
  - i. Mental health services are available for students on school grounds. MPS has signed agreements with Burrell Health and Katy Trails for services.
  
7. Meal Times

- a. A minimum of 10 minutes after sitting down for breakfast, and 20 minutes for lunch is scheduled at all schools.
  - b. Students wash hands before meals or use sanitizer.
  - c. Students are allowed to talk during meals.
  - d. Meals are adequately supervised.
8. Staff wellness
- a. Nurses available to assist staff with health concerns and health information.
  - b. Newsletter provided to staff by our health insurance company.
  - c. Health insurance company provides a variety of incentives and coaching to encourage wellness
  - d. Flu shot clinic, \_\_\_\_\_ staff participated this year
9. Food Service Compliance – Assistant superintendent supervises food service for compliance with the district's nutrition guidelines.
10. New ideas/topics to review/discuss:
- a. Health Fairs
  - b. Win to Lose– wellness wednesday
  - c. Health Kids Day at YMCA
  - d. ACT/healthy start
  - e. Promotion ideas of wellness with all students and staff
  - f. Update website- 2022-2023 members & agenda (under OOPA tab)
  - g. Bike round up (bike helmets)