

Thursday November 15, 2018

Local Wellness Policy Committee Meeting:

Attendance: Bill Dygert, Mary Spade, Scott Pfeiffer, Eric Meloche, Melissa Corona, Deb Paquette, Beckah Chartier, 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.
 - a) Jog-a-thon on October 19th.
 - b) Girls running club scheduled for spring.
 - c) 5th Grade is participating in “Keep a clear mind” program on drug awareness.
 - d) ACES – All Children Exercise Simultaneously – Every May
 - e) Project Lean with the Van Buren ISD one day a week at the school promoting healthy eating.
 - f) They take Brain Breaks during the school day.
3. Pullman Elementary – Melissa Corona- The following activities have occurred or are planned for Pullman Elementary.
 - a) Morning walking club – started beginning of the school year
 - b) Spring walking club – start after the weather permits this spring
 - c) Brain Breaks during the school day.
 - d) Building Healthy Communities Wellness Team: This year they will be focusing on smoothies.
 - e) ACES – All Children Exercise Simultaneously – Every May
 - f) 5K Fun Run and Walk on April 26
 - g) Hoops for Hearts February 20 and 21
 - h) Fuel up and Play 60 program
4. Bloomingdale MSHS – Mary Spade, Beckha Chartier, and Scott Pfeiffer – The following activities have occurred or are planned for Bloomingdale MSHS.
 - a) We have a staff members to teach the “Michigan Model”
 - b) Weight Lifting program in place before and after school for staff and students.
 - c) Middle School and High School had a Walk-a-thon on October 26th.
5. Bloomingdale Public School District – Deborah Paquette (Superintendent)- The following activities occur in our community or school district.
 - a) Memorial Day Run on May 27th in Bloomingdale organized by Athletics
 - b) Color Run 5K in the community on October 14th. Senior project
 - c) 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.
6. Food Service
 - a) 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.
- b) Keeps nutritional education materials and games on their website for parents, staff, and students to use.
 - c) Offers a free nutritious breakfast and lunch for all students.
 - d) Allow students time to use the gym or go outside and move around after they are done eating lunch in the MSHS.

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.