

District Wellness Committee

Wellness Meeting Date: Wednesday, April 24, 2024

Meeting Time: 4:30-5:30pm

Meeting Place: Administration Building

Attendees: Committee Members, Open to the Public

(highlighted = in attendance)

Committee Leaders:

Melissa Alley Food Service Director

Erin Kavanagh Director of Student Services

Committee Members

Joel Stoner - Superintendent

Teresa Converse - High School Counselor

Hannah Vanderwall - ECC SSW

Michael Graham - High School PE Teacher

Kim Degraaf - Applevue School Counselor

Katherine Ley - Applevue Teacher

Amy Soumis - Ridgeview Counselor

Sarah Cline - SMS KSSN Coordinator

Nicole Aldrich - Parent/Community member

Kristen Burleson - Parent/Community member

Ashley Rozeveld - Parent/Community member

Ashley McCarty - Parent/Community member

Kari Balcom - Parent/Community Member

Sarah Spittler - Parent/Community Member

Andy Jensen - Board Member/Community Member

Agenda-

- Welcome everyone/Introductions
- Celebrations / Updates:
 - HS - Table Tennis at lunch
 - Classroom celebrations from the wellness challenge
 - Boys Hockey and Women basketball - all state academically
 - 264 participants in the Wellness Challenge
 - KCTC - targeting 9th graders - coming in to present
- 2019 - 2024 [Strategic Plan](#)
 - [Wellness Practice & Programs](#) to address the goals below
 - Goal 1: Educate staff, students, and parents/guardians around mental wellness in order to promote social and emotional well-being.
 - Goal 2: Promote positive student attendance, increased student achievement, and improve student mental/emotional well-being.
 - Goal 3: Promote the healthy, appropriate use of technology (digital devices) by staff and students.
- Focus for 2023-24 - How are we doing?
 - **By October of 2024, we will increase community, family and student educational opportunities to promote the overall wellness of our staff, students and community.**
 - Wellness Wednesday Flyers (staff focused)
 - Wellness Wednesday Spartan News Segments (student focused)
 - Sparta Thrives Together: Whole Child Wellness with Dr. Utter - April 25th 6:30-7:30pm (family and community focused)
 - Wellness Challenge (staff and student focus)
 - Food Services website - nutrition and physical education strategies (family and community focus)
 - 2024-25 Sparta Thrives Together

- [October 2023 workshop topic brainstorm](#)
 - Working on workshops to cover social media safety and adolescent anxiety
 - Outreach
 - Corewell Health - vaping information
 - [Workshop series interest survey results 2023-24](#)
- Focus for the 2024-25 School Year?
 - Strategic Plan revision/renew is June 2024
 - Will hold off on our 2024-25 focus areas until the strategic plan goals are shared.
- Local Wellness Policy goals / Focus Areas (Melissa)
 - [We are meeting Local Wellness Policy requirements and goals](#)
 - Nutrition Promotion and Education Goal(s):
 - Physical Activity Goal(s):
 - School-based activities to promote student wellness goal(s):
 - Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):
 - Guidelines for other foods and beverages available on the school campus, but not sold:
 - Marketing and advertising of only foods and beverages that meet Smart Snacks:
 - [Triennial Assessment of Local Wellness Policy](#)
 - Completed and will go to the Board of Education in May
 - Goal for next year:
 - Ask teachers what they do for school parties/events(food, prizes, etc.)
 - K-12 snack survey
 - [SAS Wellness Committee webpage](#)
 - Smart Snack standards
 - Committee comments:
 - We are on track with the policy
- 2024-25 Committee Meetings -
 - Goal is 3 meetings
 - Months? October, February and April
 - Day of week? Wednesday
 - Timeframe? 4:30-5:30pm
 - Send out a form to choose the date within the month - August
- Comments/Questions
 - Summer Feeding Program - this summer - eat on school site - Flyer to come
 - ECC & Appleview: Monday - Friday (June 3-August 9)
 - High School: Tuesday, Wednesday, Thursday (June 11-August 1)