ROGERS CITY AREA SCHOOLS

Wellness Committee

Date: May 30, 2024 at 3:15 pm

Location: Rogers City High School Meeting Room

Attendees: Vicki Paull

Dana LaBar

Heather Kowalski

Gabe Catalano

1. Compliance and Progress of the Wellness Triennial Assessment:
2. Nutrition Promotion and Education Goals:
3. Continue to explore options of promoting healthy nutrition among students. Check the possibility of having someone from the MSU Extension visit our elementary classrooms.
4. Dana will research grants for student water bottles, a possible resource is North Michigan Regional Entity-Substance Abuse Disorder Grants.
5. School-based Activities to Promote Student Wellness Goals:
6. Gabe will contact Up North Prevention to inquire about any available outreach programs.
7. Dana will gather information on the suicide prevention walk, “Walk out of Darkness” to ascertain if they will come into the school for a presentation.
8. Vicki will touch base with Officer Bisson to see if/when an internet safety presentation will be provided to the students.
9. 2 weeks prior to the start of the school year, Vicki will post on the district Facebook page the need for students getting in their school routine.
10. Old Matters:
11. The Health Department teaming up with the Mr. Karsten in Health Class.
12. Varsity sports presenting to the elementary students.