

## **Wellness meeting**

March 21, 2024

### **Attendees**

Steph McMillen  
Kristy Wilson  
Missy McCroskey  
Kathy Painter  
Annette Pipenhagen

### **Topics**

Wellness Policy

### **Discussion**

Requested reports from Annette, Coach Francka, Coach Gerleman, Missy McCroskey, Julie Cunningham, and Mindy Painter.

Coach Francka and Coach Gerleman reported on the fitness of our students.

Annette reported on the health food items for students and staff.

Missy McCroskey and Julie Cunningham reported on the attendance of the JH and HS.

Mindy Painter reported on the attendance of the Elem.

# Wellness meeting

Sept. 18, 2024

## Attendees

Steph McMillen  
Kristy Wilson  
Missy McCroskey  
Jenna McMillen  
Kathy Painter

## Topics

Health Expo for student wellness  
Activity challenges for the students and staff  
Emotional Wellness for the staff  
Encouragement of drinking more water

## Discussion

Health Expo is scheduled for Oct. 19th. There is lots of community involvement for this event. Kristy Wilson will be assisting with the prep work. Notification of the event is on the MCE web page calendar. Linda McKnight will be assisting as well.

Activities challenges for the staff were discussed. We will have the following challenges available.

Move those Rings

Water Challenge

The weight room is open to staff, students, and community. There is a weights club. There is also a mile walking club available for the staff and students. There is music, reading, art clubs also available to the students.

Encouragement committee will continue with giving monthly gift bags to different staff every month. Monthly themed potluck dinners for staff lunch will also continue. Holiday competitions are done by the staff and the students get to vote on the winners.

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Kristy Wilson  
Missy McCroskey  
Jenna McMillen  
Kathy Painter

### **Topics**

Health Expo for student wellness  
Activity challenges for the staff  
Emotional Wellness for the staff  
Encouragement of drinking more water

### **Discussion**

Health Expo is scheduled for Oct. 19th. There is lots of community involvement for this event. Kristy Wilson will be assisting with the prep work. Notification of event is on the MCE web page calendar.

Activities challenges for the staff were discussed. We will have the following challenges available.

Move those Rings  
Maintain Don't Gain  
Water Challenge  
Black out Wellness Bingo for staff and students

Talked about ways to help encourage the staff to help keep morale up. Encouragement committee will be giving monthly gift bags to different staff every month. Monthly themed potluck dinners for staff lunch.

## **Wellness Meeting Dates**

There will be a wellness meeting every 3rd Thur. in September and every 3rd Thur. in March  
Please contact Nurse Stephanie McMillen with any questions or concerns.

MCE Wellness Committee is an important part of Marion C. Early School District. We are a committee that looks at all the different areas of Wellness. We look at not only physical health but mental and emotional wellness as well. We need your help to help make MCE the Best we can. We are looking for a well rounded group of people such as students, staff, administration, parents, and community members. Our plan is to meet 1-3 times a year. We will discuss what has been working and the areas that need some improvement.

The Wellness Committee is open to anyone. If you are interested in joining please contact Nurse Steph.

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