SMP Wellness Committee Meeting: Winter 2025 Date: December 10, 2025, 8:30 am

Members: Abbey Fletcher, CN Director; Damon Furbush, AO; Eric Rogers, Athletic Director/PE/Health Teacher; Glenn Preston, PE; Brittany Miller, School Counselor: Christy Jones, Registrar

Minutes: Committee Members met to plan/ discuss wellness activities for the 2025-2026 school year.

Abbey Fletcher:

We have held two Courtyard Café's so far. Our September event brought in 70 parents. Our Thanksgiving meal in November brought in 59 parents. Thank you to everyone that attended. As a reminder, the School Meals Program is non-profit, and all funds go directly towards student meals and labor. We have encouraged families not to bring fast food for our Courtyard Café date in December, as we are losing money on each event due to high volumes of fast food brought in. We consistently have families that RSVP for a meal and then bring fast food, which causes a lot of waste.

We did "Taste the World" month in October! This was the National School Lunch theme for 2025. Each week, we tried one item that was a spin on something from around the world. We included a sweet treat on each of these days! Thank you to everyone who tried the Beef Soft Tacos/ Churros, the Teriyaki Meatballs & Rice/ Mochi Ice Cream Ball, and the Chicken Fried Rice/ Fortune Cookie.

Menu preference email sent out to all families in September. This survey has been used to shape all menus since. Thank you to everyone who participated in providing feedback!

Sub Sandwich boxes were trialed to replace Charcuterie Protein Boxes in September. The Sub sandwich box has been our most popular "grab and go" meal by far, as we serve about 25 per day.

As a reminder, outside foods for other students are not allowed in the Bistro during meal service. The rule for "celebration" foods is that they cannot be given an hour before, during, or after lunch. Foods brought for celebrations are supposed to be pre-packaged due to student allergies. They are supposed to meet Smart Snack criteria. For more questions, please contact Ms. Fletcher.

Nurse News, Ms. Jones is helping while our Nurse position is vacant:

Dental Health Presentations should take place in Feb.

Staff Wellness- once a month wellness activity rotation on Thursday (crossfit, yoga, walk)

Flu shot was due December 1st. We are waiting to see how compliant we are.

Food allergy students have the option to sit at a "Allergy friendly" table in the Bistro.

Damon Furbush:

After School Clubs, Cheer Leaders Clubs, Fall Fest, Veteran Day Holiday Photos Celebration, Halloween celebrations, Thanksgiving celebrations, Paret/Student Luncheon, Sports Banquet & Video Link--Cross Country Photos & celebrations, Boys & Girls basketball games. Teacher/Staff appreciations, Staff members Christmas Luncheons celebration.

Eric Rogers/ Glenn Preston:

Physical Education & Health Update: Middle School

In Physical Education, students are working on their individual dance presentations, which will begin after we return from the holiday break.

In Health class, our focus is on nutrition, including the Healthy Food Plate, understanding food labels, and learning about appropriate caloric intake for middle school students.

Athletics Update

Girls' and boys' basketball programs are trending in a positive direction as the season progresses.

Looking ahead to spring, we anticipate offering Soccer—potentially both boys' and girls' teams depending on participation numbers—along with Track & Field to conclude the school year.

FitnessGram Testing

FitnessGram testing will take place in the spring. This is mandatory for all DoDEA students in grades K–12.

Field Day

Field Day is scheduled will be in May.

Middle School events will take place in the morning, followed by Elementary events in the afternoon.

Elementary School PE activities: SPARK curriculum. Children focus on fitness and learning motor skills at the same time/ within the same lesson. Warm up emphasizes cardiovascular endurance and muscular strength and endurance. Children are taught the "why" and not just the "what" to help motivate them to do exercises and activities the correct way.

Brittany Miller:

Monthly counseling lessons: Intro School Counselor (PK-8), Signs Suicide (6-8) (taught by District ISS), Bully Prevention/ Confliction Resolution (PK-8), Friendship (PK-8) – *Lessons have been put on hold due to high volumes of student crises*

Weekly Counseling Lessons – video lessons on 7 Habits (PK-8)

Counseling session topics – growth mindset (3-5), self-esteem (6-8), worry/anxiety (6-8) *Trying to finish current sessions and possibly putting future groups on hold due to high volumes of student crises*

Counselor's Corner newsletter – embedded in the Wings of Wisdom (MEMS weekly newsletter)

Birthday cards – monthly for students

NJHS: Kindness Rock Garden, Secret Pen Pal letters (Spring), Teacher Appreciation Basket Raffle, Field Day helpers

MEMS School Counseling Advisory Council: October 2024 and May 2025