SMP Wellness Committee Meeting: Spring 2026 Date: March 4, 2026, 9 am

Members: Abbey Fletcher, CNP Director; Damon Furbush, AO; Eric Rogers, Athletic Director/PE/Health Teacher; Glenn Preston, PE; Brittany Miller, School Counselor; Christy Jones, Registrar; Melanie Parr, Kindergarten Teacher; Dr. Andrea Humber, Middle School ELA Teacher

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

Abbey Fletcher:

We have held four Courtyard Café's so far. Our February Valentine's themed meal brought in 47 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 are encouraging families to eat with the School Meals Program for our Courtyard Café on April 14th. A parent meal preference survey was sent out this week. The survey will close on Friday. Please fill it out so we can serve the meal you would enjoy eating most! https://forms.gle/YC5Q5gd9RtXHenLk6

March is National Nutrition Month! The theme is "Discover the Power of Nutrition". The Academy of Nutrition and Dietetics suggests choosing foods from all five food groups, having a variety of food choices, and finding advice backed by science. We are having special "sweet treat" days each week in the Bistro and offering activities and tip sheets on these days.

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:

Our new Nurse is arriving next week! We are so excited to welcome her to MEMS!

Dental Health Presentations took place last week for all grade levels.

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

Damon Furbush:

Soarin' Singers is about to start back. Contact Ms. Montgomery for more information.

STARBASE for Middle School once a week

Proposed STEAM week tentatively set for April 6-10, 2026

Instructional Dance Class recital tentatively set for May 20, 2026 at MEMS. This is a Youth Center event. 15 dancers aged 4-9 yrs. All MEMS students!

Eric Rogers/ Glenn Preston:

FitnessGram testing was completed for Middle School. 4th and 5th grade will be later in the Spring.

Physical Education & Health Update: Middle School

In Physical Education, students are doing scooter hockey. PE is three times a week, and health class is the other two days.

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

Currently track and field is going on, 43 4th-8th grade students. For information about meets, reach out to Ms. Montgomery.

Soccer did not have enough student interest to play this Spring

Cheer is currently going on. For questions, reach out to Ms. Bolding.

Girls on the Run is 3rd – 5th grade.

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.

Just finished volleyball and basketball, 3-5th is about to work on soccer, K-2 is working on volleying and striking with balloons.

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) – *Kinder and 1st grade Lessons have been delivered by District Counselor ISS using the Kimochi SEL curriculum. Other classroom lessons will remain 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) *Future groups will not be started due to the limited time remaining in the school year*

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

Birthday cards – monthly for students

NJHS: Eagles Flight Program (New Student program), 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

Dr. Andrea Humber:

Classes do mindfulness/ wellness exercises including affirmations, breathing exercises, playing soothing music, doing self-check-in's, earning class rewards where they work together as a community (each class gets a reward at the end of 9 weeks if they complete- difficulty increases as year goes by)

Eagle Gram to share thoughts, suggestions, or give a shoutout to others. We have moments of reflection. Students have a calming corner outside the classroom. Flexible workspace, and use of headphones when appropriate.

Melanie Parr:

CSI (School Improvement Team)- previous staff Wellness days have included- meditation, yoga, walking.

Sends out thoughtful mindfulness/ wellness emails to staff, positive affirmations that encourage others.