

CN Wellness Committee Meeting
Colo ICN Room-7:30 A.M.
Tuesday, November 25, 2025
Virtual Link-As an Option

Members Present: Marc Snavely, Superintendent & Parent; Sheryl Gilmore, Food Service Director; Jackie Dunlap, School Nurse; Brandon Kelley, Middle/High School Principal; Travis Owens, P.E./At-Risk/AD & Parent; Hope Heidemann, Student; Max Snavely, Student

Virtual: Kara Kinser, School Counselor & Parent; Kelsie Engelken, FCS Teacher & Parent; John Fuller, School Board Member & Community Member

Agenda:

1. Welcome/Introductions (Marc)-Marc welcomed everyone and thanked them for coming.
2. Updates-Fall Wellness Activities-2025 (Marc)-High School Health Classes-YSS has come in to a Mental Health Unit in October & November. They are also doing Sexual Education & Responsible Decision-Making with the 9th Graders. High School Student Council did a Blood Drive in November. A Community Service Day also took place this fall. In Zearing, Jackie is working with some students to clean-up the courtyard area. Students participated in the Healthiest State Walk on October 1st where they walked a mile. High School Students also facilitated a Farm Safety Day this fall for elementary students. The Redshirt Foundation hosted a Suicide Prevention & Mental Health Education Assembly this fall. We have also seen a jump in use of the food pantry. We work to continue to keep that stocked in order to serve stakeholders. Staff members are also working to do different theme days and focus on positive reinforcement.
3. Winter Activities Planned-2026 (Marc)-We are starting the Green Bin Recycling Program in both Colo and Zearing. People can start to drop off clothes once we get these on-site. This was approved by the School Board at their December Board Meeting. Mr. Owens is hoping to take high school juniors and seniors to Sleepy Hollow this winter to go tubing.
4. Spring Activities Planned-2026 (Marc)-A Community Service Day will take place this spring. P.E. Classes will be going to Dakin's Lake this spring to go fishing. The Elementary also plans to do Mileage Club this spring. That will end with a track meet. The Elementary will be doing "Jump Rope for Heart" in February. There are also plans to do the 4th-6th Grade Track Meet in the spring as well.

5. P.E. Activities & Classroom Activities (P.E. Teachers & Gen. Ed Teachers)-P.E. Classes continue to focus on strength and speed training. Premiere comes in frequently and helps with this program.

6. Triennial Assessment/Nutrition Review/Audit (Sheryl & Jackie)-The Triennial Assessment was sent out from 2023. It was requested that Wellness Committee Members look this over and provide feedback. This will be something that becomes a focus next year when we do the Nutrition Audit.

7. Brian Mendler Presentation Recap (Marc)-The comments were positive. It was mentioned that it would be nice to have a speaker in the spring when staff members start to get bogged down.

8. Vaping Education (Brandon & Kara)-Amy Knoll from the American Heart Association will be doing an assembly next Monday on the dangers of vaping and will be handing out resources.

9. On-Line Safety Education/Cell Phones/Mental Health (Marc)-Internet Safety takes place with 3rd-6th graders during guidance classes. GoGuardian is used at the Middle/High School to monitor student Chromebooks. Not having cell phones has really helped to increase engagement.

10. McCallsburg Wellness Center (Marc)-This is resource for staff members.

11. Other Topics of Discussion for the Wellness Committee (Marc)-None

12. Set Spring Meeting Date (Marc)-The spring meeting will be set at a later date.

Adjourn