

Wellness Committee Meeting
Thursday, December 11, 2025
4:30 p.m. - 6:00 p.m.
Old Village School

Agenda

Agenda Item	*Notes*
➢ **Welcome and Connector (10 minutes)**	
➢ **Check-in, announcements or relevant topics (15 minutes)**	New Bite and local Michigan produce goals are going well. The winter months will be challenging to find a local Michigan produce. The Mentally Strong Mustangs program on Raising Resilient Teens provided some great strategies for parents.
➢ **Goal Development (15 minutes)** ● Other School-based activities Blue Envelope Program Feedback	Draft Blue Envelope Goal We will move forward with the Blue Envelope goal for suicide prevention training.
➢ **2026 Planning** ● Meeting dates, time ● Additional committee members	Meeting dates will continue every other month on the second Thursday of the month when possible. Time and location will remain the same Dates are as follows: 2/12, 4/9, 6/4, 8/20, 10/8, 12/10

	Darby will send a communication to the original committee members to inquire about interest in continuing on the committee. Depending on response, we will offer a committee spot to those individuals who were not randomly selected to join.
➢ **Close (5 minutes)** ○ To do prior to next meeting, outline next meeting agenda	We will continue our physical activity goal discussion. Many great ideas about how to get Northville students (and families) moving. Including movement challenges, incentives, and creating opportunities during the school day. We will seek input from students, staff, and administrators to help form our goal.

Slide Presentation meeting #6