

Health and Wellness Committee Minutes from Tuesday, September 12, 2017

In Attendance: Regina Blosnich, ALW (Chairperson); Chrystal Roderick-FH/SMITH; Kathy Williams GP/Nurse; Cassandra Gulino-MAS; Jeremy Keefer-AGN; Troy Golden, Administrator

Building Reports:

ALW – Walking during recess. Movement activities during PE class. Power-Up program.

FH – Walking during recess. Golf during PE. Power-Up program.

GP – Walking at recess. Power-Up program

MAS – 180 Days of Walking. Power-Up program. Mr. Yuck program. Masontown Munchies program. Participated in AGEF Golf Scramble.

SMITH – Walking during recess. Golf during PE. Power-Up program.

AGN- Peer Pressure and Communication Skills are topics during Health.

AGS - *Not Present*

AGHS – *Not present*

Parent Representative – *Not present*

Adagio – *Not present*

YMCA – *Not present*

Fayette Drug & Alcohol – *Not present*

Central Office – Troy Golden, Food Service Director will be the administrator on the committee. New menu items were discussed. He expressed an interest in nutrition education classes for elementary students. May establish a Youth Advisory Council for student input on food choices. There are two goals for the food service department – to increase the number of student participation to 80% or more; and improve the finances of the lunch program.

Old Business:

Grant Update – Elementary teachers participated in a health and wellness in-service at the end of last year. The grant budget was submitted and approved over the summer and the implementation of the grant will carry out through this school year. Elementary and middle schools will receive \$50 to be used as an incentive for their walking programs. A survey will be conducted for preferred days and activities for after school activity nights.

New Business:

Yoga Cards were distributed to elementary schools for classroom teachers as part of the grant initiative.

Family Fitness Night – The event will be held at AG North on October 12th. Notifications will be sent home on Sept 20th and 27th. Two 30-minute activities will be conducted by YMCA certified instructors. Tickets for prizes will be given to participants in each of the activities. A healthy snack will be provided at the end of the sessions.

Building reps are to collect donations at their schools. The committee will meet again the first week of October to finalize plans for the event.

Newsletter – The newsletters have been well received and will continue this year. The schedule is as follows:

October – Regina Blosnich
Nov/Dec – Kathy Williams
January – Chrystal Roderick

February – Jerome Vicinelly
March/April – Cassandra Gulino
May – Troy Golden

Next Meeting: *Thursday, October 5, 2017 @ 2:00 PM*