**Health and Wellness Committee**

**Minutes from Wednesday, October 23, 2024**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-Masontown; Tara Pulig-Parent Rep; Gina Rates-ADAGIO; Jeremy Keefer-North, Jennifer Lilley-Plava and North; Sara Popson-Parent Rep; Troy Golden, Administrator; Lisa Sumey-Secretary; Special Guest-Ashley Collins-American Heart Association*

**Building Reports:**

**A.L.Wilson Elem.** – ***Not present but report was submitted.*** Students are participating in fitness activities and cooperative games during Phys. Ed class. Trunk or Treat was held on October 16. A Pumpkin Run for all grade levels will be held on October 25th. Medals will be awarded for 1st, 2nd, and 3rd place finishers. Power Up lessons will begin next week. Harvest Day will be held on October 31st.

**Friendship Hill Elem.** – Students participate in cooperative games and fitness stations during Phys. Ed class. Students are walking throughout the day. The Power Up Program is held to discuss nutrition and physical activity. Students are going outside for recess. Fall Festival will be held on October 31st. A Walk-a-thon will be held during the Fall Festival. Money raised will benefit student activities. Student Council members have been elected. The Student Council is organizing a food drive for the Point Marion Food Bank and are collecting pop tabs for the Ronald McDonald House. Movie Night was held on October 11th. Trunk, Treat and Read will be held on October 24th.

**Masontown Elem.** – Students participate in cooperative games and fitness activities during Phys. Ed class. Students are walking throughout the day. The Power Up Program is held to discuss nutrition and physical activity. Students are going outside for recess. Trunk or Treat was held on October 21st. Red Ribbon Week was October 21st – 25th. Breast Cancer Awareness – Pink Out Day was held on October 18th. A Turkey Trot is scheduled for November 14th (rain day the 15th). Several faculty and staff participate in the Salvation Army Turkey Trot on Thanksgiving Day. Fall Festival will be held on October 31st.

**George Plava Elem. –** Students participate in cooperative games and fitness activities during Phys. Ed class. Students are walking outside to prepare for the Kids of Steel Program for this school year. The Power Up Program is held to discuss nutrition and physical activity. Students are going outside for recess. Students are collecting pop tabs for the Ronald McDonald House. Trunk or Treat was held October 17th. Harvest Day will be held on October 31st.

**Smithfield Elem. –** Students are participating in fitness activities. Cooperative games and fitness stations are held during Phys. Ed class. Students are walking throughout the day. The Power Up Program is held to discuss nutrition and physical activity. Students are going outside for recess. The Fall Festival and an obstacle course will be held on October 31st. Student Council members have been elected. Movie Night was held on September 13th. Trunk, Treat and Read was held on October 11th. The Holiday Hoopla event will be held on November 1st. This event is sold out.

**AG North MS –** The Power Up Program is held to discuss nutrition and physical activity. Students are walking outside or in the gymnasium on the following days: Grade 8 on Tuesdays, Grade 6 on Wednesdays, Grade 7 on Thursdays, Grade 8 on Fridays. Students in Grade 6 have their P.E. class this 9-weeks period. They finished up a life skills unit and then did life and leisure activities. Students may join weight lifting or soccer for team building activities. A zoo program will be held on October 24. Fall Festival and an after-school dance will be held on Friday, October 25.

**Adagio (Power Up)** – The Power Up Program name has been changed to SNAP-ED. A stencil project was completed at Plava Elementary over the summer. Lessons in the schools started in October. The first lesson being presented is a review of My Plate. A National School Lunch Week promotion was done at Plava Elementary and Smithfield Elementary schools. Food tastings will be held next month. Food tasting recipes correspond with the Pennsylvania Harvest of the Month food. October food tasting recipe will be Roasted Pumpkin Seed Snack Mix (omitting almonds).

**Masontown Elem. Parent Representative –** Reiterated the information shared by the Masontown Elem. representative.

**North MS Parent Representative –** No items to report

**Central Office** –

* The committee was welcomed and thanked for serving on the Health and Wellness Committee for this school year.
* Cycle menus have been implemented and carb counts are provided to the nurses.
* In preparation for an administrative review, which will take place this year, includes but is not limited to the following:
	+ Currently working with the cafeteria staff on production records
	+ Building a database for nutritionals
	+ Review and/or assist PTO’s with fundraising snack ideas
* The Triennial Assessment will take place next school year. The committee members were encouraged to review the AG Student Wellness Policy.
* An indoor garden pod project was briefly explained. More details will be presented at the next meeting.

**Ashley Collins – American Heart Association** – The Kid Heart Challenge Program was presented to the Health and Wellness Committee. This program is available to any school that wishes to participate. At this time Plava Elementary School and A.L. Wilson Elementary School have signed up for the program. A Power Point presentation was given. The presentation included the following:

* Resources available
* The impact the American Heart Association has had and is having
* Benefits of the Kid Heart Challenge Program to students and their families
* How it works
* Staff well-being resources available
* Anti-vaping resources available
* Professional development opportunities available
* Life skills resources available
* Family engagement resources available

Any principal interested in having their school participate in the program may contact Ashley Collins at the American Heart Association.

**Health and Wellness Newsletter:** The September and the October Health and Wellness Newsletters were distributed to the committee members.

**Next Meeting: *TBD***