**Health and Wellness Committee**

**Minutes from Wednesday, October 25, 2023**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-MAS; Kathy Williams-PLAVA; Jeremy Keefer-North MS; Gina Rates-Adagio Health; Tara Pulig-parent rep; Troy Golden, Administrator; Lisa Sumey-Secretary*

**Building Reports:**

**ALW** – ***Not present but report was submitted.*** Students are participating in fitness activities and cooperative games during Phys. Ed class. The Power Up Program is held to discuss nutrition and physical activity. Students are going outside for recess. A Volleyball unit is being taught to students in Grades 3-5 during their Phys. Ed. class. Trunk, Treat and Read was held on October 11 and was well attended. Harvest Day will be held on October 27. The PTO will be providing activities and the Specialist teachers will host a dance.

**FH** – Students participate 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. A Walk-A-Thon was held in September. A raffle was held at the Walk-A-Thon. Trunk or Treat was held on October 19. Harvest Day will be held October 27. Camp Friendship Night will be held November 8 from 5:30 p.m. – 6:30 p.m.

**MAS** – Students are participating in fitness activities and cooperative games during Phys. Ed class. Students are walking throughout the day. The Power Up Program is held to discuss nutrition and physical activity with the students. Students are going outside for recess. Trunk or Treat was held on October 19. Fall Festival will be held on November 8. A Turkey Trot will be held during Phys. Ed. classes on November 9. Playground updates – basketball hoops have been moved outside, Adagio completed a stenciling project.

**GP –** Students participate in fitness activities and cooperative games during Phys. Ed class. The current unit of study during Phys. Ed. is golf. 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 will be held this evening. Harvest Day will be held on October 27.

**SMITH –** 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. Trunk, Treat and Read and the Fall Festival will be held October 27. Holiday Hoopla will be held November 3. This event is sold out. The support from the teachers, parents and community has been great and is very much appreciated in making this event possible.

**AGN –** Students participate in fitness activities and cooperative games during Phys. Ed. Class. Students are walking Wednesdays during lunch. Students in 6th Grade have been using the weight room and doing Yoga. Students in 8th Grade will start Phys. Ed. and Health classes on October 31. Fall Festival will be held on October 27. Enrichment: Tuesday - Grade 6, Thursday - Grade 7, Friday - Grade 8.

**Adagio** – Power Up lessons are being presented in all elementary schools as well as the High School. A stencil project was completed at Masontown Elementary. Adagio Health will be present at Plava’s Harvest Day on October 27. Reviewed and discussed information regarding the Thriving Schools Integrated Assessment.

**ALW Parent Representative** – Trunk, Treat and Read was held on October 11. Harvest Day will be held on October 27. A Turkey Trot will be held on November 20.

**MAS Parent Representative – *Not present***

**Central Office** – Troy Golden welcomed those in attendance and thanked them for taking part in the Health and Wellness Committee.

Supply chain issues are getting better.

Carb counts are sent to the school nurses on a daily basis. Currently working on entering menus into the Primero system. This will allow parents to review nutritional information.

The September and October Health and Wellness Newsletters were distributed to the committee members for review.

A packet of information by Sharecare was distributed to the committee members to review. Some information such as recipes could possibly be shared on the district website.

**Next Meeting: *November 29, 2:00 p.m.***