**Health and Wellness Committee**

**Minutes from Wednesday, November 29, 2023**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-MAS; Kathy Williams-PLAVA; Jeremy Keefer-North MS; Gina Rates-Adagio Health; 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 (weather permitting). A Turkey Trot was held on November 20th. Students walked/ran ½ mile. Medals were given to the top 3 place winners in each K-2 and 3-5 girls race and K-2 and 3-5 boys race. The Christmas Program will be held on December 6 and 7. A toy auction for students, sponsored by the PTO and staff, will be held in December.

**FH** – Students participate in cooperative games, fitness stations and basketball 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 (weather permitting). The Student Council created Veterans Day cards. Cards were sent to the local Texas Roadhouse for distribution to veterans on Veterans Day. A food drive was held before Thanksgiving and donations were sent to the Point Marion Food Bank. The Winter Musical will be held on December 14. The Holiday Auction event will begin on December 1.

**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 (weather permitting). A successful Turkey Trot was held this month. The Magical Masontown event will begin next week.

**GP –** Students participate 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 (weather permitting). A Turkey Trot was held this month. A Kids of Steel Program is set to start in January. This is a free intro fitness program by the Youth Programming Dept. at Pittsburgh Three Rivers Marathon (P3R). Additional information will be provided at a later date.

**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 (weather permitting). The Holiday Hoopla event was a huge success. The money raised will go towards new bookcases and books for the classrooms, a PTO storage shed, and Fun Day expenses. The Christmas Program will be held on December 18 and 19. The Season of Giving (Holiday Auction) event will begin December 1. The funds raised from this event will be used to support families in need, local food banks, and two scholarships for AG graduating seniors.

**AGN –** Students participate in fitness activities and cooperative games during Phys. Ed. Class. Students are walking on Tuesdays and Wednesdays. Badminton and Pickle Ball are the current Phys. Ed. units. Bingo will be held on December 18 for students. Christmas Movie day will be held on December 19 and a Sing Along will be held on December 20.

**Adagio** – Power Up lessons are being presented in all elementary schools as well as the High School. Thriving Schools Integrated Assessment has been completed for all 5 elementary schools. Food tastings have begun in the schools. November’s food tasting item was pumpkin pudding and December’s item will be red and green peppers. Food Safety lessons have been excellent. Some food safety lessons will continue in January and others will have a calcium lesson.

**ALW Parent Representative** – ***Not present***

**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.

New menu ideas are currently being worked on.

The vending machines at the High School have smart snacks available for purchase. The vending machines are not operational during lunch periods.

The November Health and Wellness Newsletter and the December Health and Wellness Newsletter was distributed to the committee members.

**Next Meeting: *December 13 at 2:00 p.m.***