**Health and Wellness Committee**

**Minutes from Wednesday, December 13, 2023**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Kathy Williams-PLAVA; 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). The Christmas Program, “Santa’s Stuck in the 50’s, was a huge success. Numerous students auditioned for 23 roles and third, fourth, and fifth grade students sang two songs each per grade level. Mr. Gift did an outstanding job. The PTO is hosting Santa’s Shop for all grades. The PTO is taking pictures with Santa for all grades. The AG High School Sing-A-Long will be held on December 18. Christmas Bingo will be held the last day before Christmas break.

**FH** – 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 (weather permitting). The Christmas Music Program will be held on December 15. The Holiday Auction will take place on December 20.

**MAS** – ***Not present***

**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). Christmas activities such as Holiday Glitz, Santa visit, bingo, ugly sweater day, etc. will be held this week and next. The Christmas Concert performed by students in Grades 1, 3 and 5 was held on December 11 and 12. Parents and guardians were invited to the concert. The Power Up Program had a pepper tasting for students on December 7. The Back-Pack Program continues to be offered on Fridays.

**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 Christmas Music Program will be held on December 18 and 19. The Holiday Auction will take place on December 20.

**AGN – *Not present***

**Adagio (Power Up)** – ***Not present***

**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 items and recipes continue to be explored. A new entrée item was prepared and offered to our students last week and was well received. Preparation for an administrative review continues. Smart Snack compliance will continue to be reviewed to be sure we are meeting the Smart Snacks Standards for the foods and beverages offered to the students.

**Breakfast:** Briefly discussed was the menu items currently being offered for the grab and go breakfast program. Ideas of different menu items to offer, while maintaining a balance breakfast, are being researched and considered.

**Back-Pack Program:** The Back-Pack Program was addressed briefly. This program, sponsored by local churches or organizations, provide participating economically disadvantaged students with a bag of food items one day a week. Troy Golden will reach out to schools to inquire about participation and who sponsors the program for the participating school. He will also research grants that may be available to assist to help offset the cost of providing food items for the AG students benefiting from the program.

**Health and Wellness Newsletter:** The January Health and Wellness Newsletter was distributed to the committee members. The newsletter will go home with students the first week of January.

**Next Meeting: *TBD***