**Health and Wellness Committee**

**Minutes from Wednesday, February 27, 2025**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-Masontown; Gina Rates-ADAGIO; Jeremy Keefer-North; Mark Dunham-Plava; Troy Golden, Administrator; Lisa Sumey-Secretary*

**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 and recently finished a basketball and parachute unit. The SNAP-ED Program is held to discuss nutrition and physical activity. Students are going outside for recess (weather permitting). The 100th Day of School was celebrated with various activities. A Valentine’s Day Dance was held. Students participated in the THON coin collection. Students participated in the Kid’s Heart Challenge for the American Heart Association and raised over $900.

**Friendship Hill Elem.** – Students are participating in fitness activities and cooperative games during Phys. Ed class. Students are walking throughout the day. The SNAP-ED Program is held to discuss nutrition and physical activity. Students are going outside for recess (weather permitting). Student Council collected pet food and blankets to donate to the Friends of Animals. The 100th day of school was celebrated with various activities throughout the day as well as students dressing like they were 100 years old. Treats for Valentine’s Day followed the healthy snack guidelines. A contest of decorating Valentine’s Day boxes was held for students in Grades 3 and 5. Read Across America will be held March 3-7. Students participated in a Penn State Stuff-A-Bear Contest to raise money to fight childhood cancer.

**Masontown Elem.** – Students participate in cooperative games and fitness activities during Phys. Ed class. Students are walking throughout the day. The SNAP-ED Program is held to discuss nutrition and physical activity. Students are going outside for recess (weather permitting). A Book and Cookie Day will be held on March 6. A Basketball Jones assembly will be held on April 14. Fun Day has been scheduled for May 19th. Dates for Track and Field, Kickball Tournament, and cookout have not been scheduled. PSSA testing will be held in April.

**George Plava Elem. –** Students participate in cooperative games and fitness activities during Phys. Ed class. Students walk after lunch period. A Turkey Trot was held. Students are participating in the Kids of Steel Program, a program to help motivate kids to move more. A monthly exercise log sheet was sent home with students. The final mile of the program will be in May. The SNAP-ED Program is held to discuss nutrition and physical activity. Students are going outside for recess (weather permitting). Students continue to collect pop tabs for the Ronald McDonald House. The kids heart challenge was completed. Students participated in the THON coin collection. In regards to a Wit and Wisdom lesson, a tap dancer visited Kindergarten students to demonstrate and teach about Tap dance. Track and Field Day will be held on May 19. Fun Day will be held on May 21.

**Smithfield Elem. –** Students are participating in fitness activities and cooperative games during Phys. Ed class. Students are walking throughout the day. The SNAP-ED Program is held to discuss nutrition and physical activity. Students are going outside for recess (weather permitting). Student Council held a Share the Love event in which they collected items such as clothing, blankets, bath care items, and diapers to donate to foster families in Fayette County. Valentine’s Day treats followed the Healthy Snack Guidelines. A Denim and Diamonds Dance was held for fathers and daughters of students in Grades 3, 4, 5 on February 21. A Mom and Son Game Night will be held on March 21. Students participated in a Penn State Stuff-A-Bear Contest to raise money to fight childhood cancer. Read Across America will be celebrated March 3 – 7 with activities such as, Crazy Hair and Sock Day, Team Jersey Day, Inside Out Day, Hat Day, and Favorite Animal Shirt Day.

**AG North MS –** Students participate in fitness activities and cooperative games during Phys. Ed class. Enrichment days for students are as follows: Wednesdays – Grade 6, Thursdays – Grade 7, Fridays – Grade 8. Students in Grade 7 are starting a Volleyball Unit in Phys. Ed. class. A Valentine’s Day Dance was held for students.

**Adagio Health (SNAP-ED)** – A healthy holiday punch was served to students at several of the schools in December. Dairy lessons were held in January. Whole grain lessons are being presented this month. Breakfast lessons will be held in March. In recognition of American Heart Month, the students at Friendship Hill Elementary and Smithfield Elementary made poster boards with pledges and an activity calendar and students at A.L. Wilson Elementary received a heart healthy snack for their Jump-Rope for Heart Health event. The SNAP-ED Program is currently working on NSBW promotion and a drawing contest at Masontown Elementary, Plava Elementary and A.L. Wilson Elementary.

**Masontown Elem. Parent Representative** – *Not present*

**North MS Parent Representative –** *Not present*

**Central Office** (Troy Golden, Director of Food Service)

* The committee was welcomed and thanked for serving on the Health and Wellness Committee.
* Preparation for an administrative review continues.
* The Smart Snack Policy was discussed. A list of approved smart snacks has been distributed to the building principals. Principals were asked to share the list with the PTO.
* Questions from teachers regarding smart snacks was presented by committee members.
  + Committee members were asked to remind teachers that if snacks are going to be used as a reward that it should be a healthy choice snack and that healthy snacks can be ordered through the Food Service Dept.
* The Triennial Assessment will take place next school year. The committee members were encouraged to review the AG Student Wellness Policy.

**Health and Wellness Newsletters:** The November, December, January and February Health and Wellness Newsletters were distributed to the committee members.

**Next Meeting: *March 27, 2025***