**Health and Wellness Committee**

**Minutes from Wednesday, February 28, 2024**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-Masontown; Tara Pulig-Parent Rep; Sara Popson-Parent Rep; Kathy Williams-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. Recently finished a basketball unit and parachute unit in Phys. Ed. class. The Power Up 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 to celebrate the day. Students participated in the Penn State THON coin collection fundraiser to raise funds to help enhance the lives of children and families impacted by childhood cancer.

**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 (weather permitting). A Valentine’s Day Dance was held to celebrate the day. A PIE Day fundraiser, leading up to PIE Day, will be held. Students may purchase a chance to pie a teacher in the face. Parents of students in Grades 3, 4, and 5 will be invited to the school on PIE Day to see a word problem lesson presentation. Read Across America will be celebrated the week of March 4 – 8 with various reading activities.

**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 (weather permitting). A group of staff members will be participating in the Summit Challenge on April 28. Parents/Guardians complied with being asked to not send in treats for Valentine’s Day due to treat bags being provided by Title I funds. Caught Being Eggcellent, an event to promote positive behavior, will begin on March 1. It will run throughout the entire month of March. Teachers will award the student’s good behavior with a healthy snack.

**George Plava Elem. –** Students are walking outside (weather permitting). The Power Up Program is held to discuss nutrition and physical activity. Students are going outside for recess (weather permitting). Students are participating in the Kids of Steel Program, a program to help motivate kids to move more. Students were provided a paper calendar sheet to take home and fill out on their own noting the different ways they increased their physical activity. They may share their information with their classmates if they choose to do so.

**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 (weather permitting). The Student Council is collecting pop top tabs to donate to the Ronald McDonald House. Pop top tabs are recycled and turned into a monetary donation. The Student Council is also collecting blankets and sheets for the Fayette Friends of Animals. Read Across America will be celebrated the week of March 4 – 8 with various reading activities. Students participated in the Penn State THON Fundraiser to raise funds to help enhance the lives of children and families impacted by childhood cancer.

**AG North MS – *Not present***

**Adagio (Power Up)** – ***Not present but report was submitted.*** The Power Up Program continues to be held at the schools to discuss nutrition and physical activity. Dairy/Calcium/Bone lessons was held in all schools in January. Whole Grains lessons was held in all schools in February. March lessons on breakfast will be held at Plava and Masontown in March. Food tastings are held at all schools. Dairy is the PA Harvest of the Month food item for March. Food tastings in the schools will be cottage cheese. National School Breakfast Week (March 4 - 8) will be promoted in all the schools. A drawing contest for National School Breakfast week will be held at Masontown Elementary, Plava Elementary and A.L. Wilson Elementary.

**A.L. Wilson Elem. Parent Representative** – Read Across America will be celebrated. The District Parent Advisory Council assisted in preparing Valentine’s Day treat bags for students in the elementary schools. The items purchased for the treat bags were provided by Title I funds. Faculty and staff members are recognized in the PTO monthly newsletter. The PTO is also showing their appreciation to the faculty and staff by organizing activities such as massages or providing them lunch. Each grade level has a parent, with proper clearances, who serves as a teacher liaison. The liaison may assist a teacher with classroom activities or supplies that may be needed for events or projects.

**Masontown Elem. Parent Representative –** A Turkey Trot was held. Students received Valentine’s Day treat bags provided by Title I funds. A Caught Being Eggcellent event, to promote positive behavior, will begin on March 1. It will run throughout the entire month of March. Teachers will award students for their good behavior with a healthy snack.

**Central Office** – Troy Golden welcomed those in attendance and thanked them for taking part in the Health and Wellness Committee. Menus and nutritionals continue to be reviewed. Product availability from manufacturers is adequate, however, prices of products continue to rise.

**Health and Wellness Newsletter:** The February Health and Wellness Newsletter and the March Health and Wellness Newsletter was distributed to the committee members.

**Next Meeting: *April 18, 2024***