**Health and Wellness Committee**

**Minutes from Wednesday, March 22, 2023**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-MAS; Regina Blosnich-A.L. Wilson; Sara Popson-MAS; Jeremy Keefer-North MS; Troy Golden, Administrator; Lisa Sumey-Secretary*

**Building Reports:**

**ALW** – On April 5th a Bunny Walk & Run event and Easter Egg Hunt will be held for students. Students continue to participate in fitness activities and cooperative games during Phys. Ed class. The Power Up Program is held every other month with students to discuss nutrition and physical activity. Students are going outside for recess (weather permitting). Track and Field Day and Fun Day will be held in May.

**FH** – The Student Council, under the direction of a program director, has put together a Caught Being EGG-cellently Kind event to promote kindness. The event will be April 3 – 6. Prizes will be awarded on April 6. Students continue to participate in fitness activities and cooperative games during Phys. Ed class. Students are working on a parachute unit and a basketball unit in their Phys. Ed. classes. Students are walking throughout the day. Food tasting and discussion regarding nutrition and physical activity is presented to the students by the Power Up Program. Students are going outside for recess (weather permitting). Track and Field Day will be held May 24th. Fun Day will be held May 25th.

**MAS** – An Easter Egg Hunt for students will be held April 6th. A Kickball game between teachers and Grade 5 students will be held the end of May. Playground equipment such as new balls, jump ropes, and badminton equipment has been purchased. 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). Track and Field Day will be held May 25th. Fun Day will be held May 26th.

**GP –** ***Not Present***

**SMITH –** Students continue to participate in fitness activities and cooperative games during Phys. Ed class. Students are working on a parachute unit and a basketball unit in their Phys. Ed. classes. Students are walking throughout the day. Food tasting and discussion regarding nutrition and physical activity is presented to the students by the Power Up Program. Students are going outside for recess (weather permitting). Track and Field Day will be held May 25th. Fun Day will be held May 26th.

**AGN –** Students participate in fitness activities and cooperative games during Phys. Ed. Class. Students in Grade 7 finished the Ultimate Frisbee unit and weight lifting unit in their Phys. Ed. Class. Students walk whenever the gymnasium is available.

**AGS – *Not Present***

**Adagio** – ***Not present but report was submitted.*** A National School Breakfast Week Contest was held this month to encourage students to eat breakfast. The contest will wrap up later this month or beginning of next month. Prizes will be awarded to the winners of the drawing contest. Food tasting of low-fat vanilla yogurt has been held in all the schools this month. This food item coincides with the Pennsylvania’s Harvest of the Month which is Dairy for the month of March. Adagio staff plans to attend the Track and Field Days at Smithfield Elementary and Friendship Hill Elementary. A fruit infused water tasting table will be set up at those Track and Field events. Adagio staff will host a smoothie table at the Fun Day at Smithfield Elementary. The infused water tasting table and smoothie table can be held at the other elementary schools if scheduling permits. Plans to do a food or beverage tasting with middle school students one day in May is being worked on. Upon approval from administration, a playground stenciling project at Masontown Elementary will be held one day in May.

**MAS Parent Representative –** Basketball hoops will be moved from inside the school to the playground.

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

The Wellness Policy Assessment Tool and Report Template has been reviewed and changes and/or additions to The Student Wellness Policy has been made. The Student Wellness Policy was presented and approved at the March 15 Board Meeting.

Troy Golden attended a PRFD Meeting this month. Information gathered at the meeting was shared with the members of the Health and Wellness Committee.

The April Health and Wellness Newsletter was distributed to the committee members for review.

**Next Meeting: *April 12, 2023***