**Health and Wellness Committee**

**Minutes from Wednesday, March 27, 2025**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-Masontown; Gina Rates-ADAGIO; Jennifer Lilly-Plava/North; Mark Dunham-Plava; Tim Dye-High School; Sara Popson-Parent Rep; Troy Golden, Administrator; Lisa Sumey-Secretary*

**Building Reports:**

**A.L.Wilson Elem.** – ***Not present***

**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). Current Phys. Ed units include parachute, jump rope, and outdoor games. Track and Field Day will be held May 19. Fun Day will be held May 23.

**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). Students in Grade 5 attended a Morris and Morrison assembly last month. Morris will be visiting the school in April or May. Fun Day will be held May 19. Track and Field Day will be held May 21.

**George Plava Elem. –** Students participate in cooperative games and fitness activities during Phys. Ed class. Students walk after lunch period. The SNAP-ED Program is held to discuss nutrition and physical activity. Students are going outside for recess (weather permitting). Students continue participating in the Kids of Steel Program, a program to help motivate kids to move more. The final mile run will be held May 2. Track and Field Day will be held May 19 with a rain day of May 23. Fun Day will be held 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). Phys. Ed units include parachute, jump rope, and outdoor games. A Mom and Son Game Night was held on March 21st. Student Council members built and painted birdhouses. They will be placed around the school grounds. Supplies and materials for the birdhouses were donated by a community member. An Egg Hunt will be held on April 17 for all students. The Student Council members will be responsible for hiding the eggs for students in the lower grade levels. Fun Day will be held on May 19. Track and Field Day will be held on May 23.

**AG North MS –** Students participate in fitness activities and cooperative games during Phys. Ed class. Outside enrichment activity days are as follows: Wednesdays – Grade 6, Thursdays – Grade 7, Fridays – Grade 8. Students in Grade 6 started their PE classes and are working on a basketball unit. Kennywood day for North and South MS will be held May 28.

**AG High School –** Students participate 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. A carnival for the students will be held in May (date TBD).

**Adagio Health (SNAP-ED)** – The food tasting food for this month is air fried chick peas. Entries for the National School Breakfast Week contest will be collected and reviewed. Prizes will be awarded to the winners over the next 2 weeks. Troy Golden has completed the Nutrition Assessments for Alliance for Healthier Generation for North and South Middle Schools. Green smoothie food tasting will be planned for the middle schools in April. Physical activity lessons will be presented in April and May. SNAP-ED will be present during the Track and Field Day at Friendship Hill Elem. and at Smithfield Elem.

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

**Masontown Elem. Parent Representative** – A basketball assembly will be held on April 14. Masontown Elem. does not use an outside vendor for snow cones for the students for special events/celebrations. Snow cones are prepared for the students by PTO and parent volunteers. To remain in compliant with the Smart Snack policy, suggestions for products that can be used for the snow cones was questioned and discussed.

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

* The committee was welcomed and thanked for serving on the Health and Wellness Committee.
* The PDE administrative review will be held in May
* A list of approved smart snacks has been compiled and will be presented to Mrs. Bezjak and then to the building principals.
* National Walking Day information was distributed to the committee members. This information will be presented to building principals.

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

**Next Meeting: *April 15, 2025***