**Health and Wellness Committee**

**Minutes from Wednesday, April 18, 2023**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-MAS; Kathy Williams-PLAVA; Jeremy Keefer-North MS; Troy Golden, Administrator; Lisa Sumey-Secretary*

**Building Reports:**

**ALW** – ***Not present but report was submitted.*** A one-mile Bunny Walk & Run event was held before the Easter break. The Pittsburgh Zoo visited the school and presented a conservation program. Students were also shown a box turtle, barn owl, and a boa constrictor. Students continue to 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. Track and Field Days are May 17 and 18. Fun Day will be held May 19 and the music program will be the week following. Fifth Grade students will face staff in a kickball game on May 26.

**FH** – Track and Field Day preparation activities are being held during Phys. Ed. classes. Students continue to participate 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. Students are going outside for recess. Track and Field Day will be held May 24th. Fun Day will be held May 25th.

**MAS** – A special event for Autistic students is being held this evening at the school. A Kickball game between teachers and Grade 5 students will be held the end of May. 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. Track and Field Day will be held May 25th. Fun Day will be held May 26th. The playground stenciling project is on hold until September.

**GP –** ***Not present but report was submitted.*** Students are in their last round of fitness testing. Track and Field Day will be held June 1 (make-up day is June 2). Students in Kindergarten are learning about the food groups and health related topics. Students are also taking stretch breaks in between lessons. Students continue to participate 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. Students are going outside for recess.

**SMITH –**Track and Field Day will be held May 25th. Fun Day will be held May 26th. Track and Field Day preparation activities are being held during Phys. Ed. classes. Students continue to participate 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. Students are going outside for recess.

**AGN –** Students participate in fitness activities and cooperative games during Phys. Ed. Class. Students are walking during lunch periods. Students participated in a pep rally for the spring sports. Activities offered at the pep rally included dizzy bat and musical chairs. Students in Grade 6 continue to work on a basketball unit in their Phys. Ed. class.

**AGS – *Not Present***

**Adagio** – ***Not present but report was submitted.*** Power Up lessons will finish up during the month of April. An infused fresh fruit water tasting will be held in some of the school cafeterias during the month of May. Water tastings will be held during Track and Field Days at Friendship Hill Elem. and Smithfield Elem. A broccoli with Greek yogurt ranch dip food tasting, to promote PA Harvest Month, will be held at North MS on May 10 and at South MS on May 12. A direct education power up lesson for students at the High School started in March. Three lessons have been completed and two lessons are scheduled before the end of the school year. The Masontown Elem. playground stenciling project has been put on hold due to the playground pavement area being sealed in May/June. The project has been moved to September.

**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 during this school year.

The revised Wellness Policy was approved at the March Board Meeting. The revised Wellness Policy and the Wellness Policy Assessment Tool and Report Template will be posted on the Albert Gallatin Area SD website.

A bid company/purchasing group meeting was attended this month. Information received at the meeting was shared with the committee.

An Autistic function is being held this evening at Masontown Elementary School.

Elementary School Track and Field Days and Fun Days have been scheduled. Food service will be supporting these events as needed. Any additional events during the month of May that may need support from Food Service will need to be communicated to Troy Golden as soon as possible.

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

**Next Meeting: *September 2023***