**Health and Wellness Committee**

**Minutes from Thursday, April 18, 2024**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-Masontown; Tara Pulig-Parent Rep; Kathy Williams-PLAVA; Gina Rates-ADAGIO; 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 jump rope unit and scooter 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). Students participated in a Penny Wars fundraiser. Track and Field Day will be held on May 14. Fun Day is scheduled for May 17. The Spring Music Program will be held on May 22 and 23.

**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). Students are participating in outside activities to prepare for Track and Field Day. Track and Field Day will be held on May 24. Fun Day will be held on May 22.

**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. Caught Being Eggcellent event went well. A kickball game between 5th Grade students and staff will be held (date TBD). An assembly titled Basketball Jones was held today for students. The topic of the assembly was “I Can..I Will…I Won’t Give Up”. Fun Day will be held on May 30. A date for Track and Field Day has not yet been scheduled.

**George Plava Elem. –** Students participate in cooperative games and fitness activities during Phys. Ed class. Students are walking outside (weather permitting). The Power Up Program presented and reviewed the food groups, categories of food, physical activity, and how to find a pulse. Students are going outside for recess (weather permitting). Students continue to participate in the Kids of Steel Program, a program to help motivate kids to move more. Students continue to work on their calendar sheet at home to record different ways they increased their physical activity. The Kids of Steel Program Marathon is scheduled for May 5 in Pittsburgh. Some students have registered to participate in the marathon. Students have the option to participate virtually as well as in person. Students are preparing for the marathon by walking/running after lunch and/or at extra recess time. Some students are logging their time. Fun Day will be held on May 22. Track and Field Day has not been scheduled at this time.

**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). Students are participating in outside activities to prepare for Track and Field Day. The Student Council has been working on a stencil painting project on the playground and planting flowers around the school building. Fun Day will be held on May 24. Track and Field Day will be held on May 30.

**AG North MS – *Not present***

**Adagio (Power Up)** – Power Up continues to discuss nutrition and physical activity in the schools. The current lesson being held at the schools is on physical activity. The food tasting item that will be presented this month is tangerines. Students will be learning the benefits of getting hydration from fresh fruits and vegetables. The National School Breakfast Week Poster Contest has concluded. Prizes will be distributed this month to the contest winners. Adagio Health will be assisting at Friendship Hill’s Track and Field Day as well as Smithfield’s Track and Field Day and Fun Day. Adagio Health expressed their interest in being part of the Summer School Program. The Power Up Program name will be changing to SNAP-ED.

**A.L. Wilson Elem. Parent Representative** – A review of events from last month included: an Easter Egg Hunt, Penny Wars Fundraiser, and massages for staff and a staff luncheon for Teacher Appreciation. Fun Day will be held on May 17. The tentative dates for Track and Field Day are May 14 and 15. The playground is being revamped.

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

**Central Office** –

* The committee was thanked for serving on the Health and Wellness Committee for this school year.
* Picnic lunches will be served in the school cafeterias on May 30.
* The Food Service Department will be providing bottled water and a healthy snack for elementary school students on Track and Field Days.
* The Albert Gallatin Area SD Food Service Department will have a review next school year by PDE. The committee members were reminded of some guidelines in the Wellness Policy.
* Inviting students from the secondary level to participate on the Health and Wellness Committee next school year is being considered.
* Special guest, Ashley Collins from the American Heart Association, was not able to make the meeting due to a family emergency. She will be invited to attend a Health and Wellness Committee meeting next school year.

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

**Next Meeting: *TBD***