**Health and Wellness Committee**

**Minutes from Wednesday, December 7, 2022**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-MAS; Kathy Williams- GP/Nurse; Jeremy Keefer-AGN; Gina Rates-Adagio Health; Regina Blosnich-A.L. Wilson; Troy Golden, Administrator; Lisa Sumey-Secretary, Special Guests Lara Bezjak, Federal Programs Coordinator/Elementary Supervisor and Duane Frund, Masontown Elem. Principal*

**Building Reports:**

**ALW** – Students are participating in fitness activities and cooperative games during Phys. Ed class. Students in Grades 3, 4 and 5 just finished a volleyball unit in Phys. Ed. The Power Up Program is held to discuss nutrition and physical activity with the students. Students are going outside for recess (weather permitting). Trunk or Treat was well received with 291 participants. Students participated in the Patriot K9 Rescue Program in observance of Veteran’s Day. Through a fundraiser, they were able to sponsor 4 dogs. A Calendar Party Fundraiser was held and donations will be used to improve the playground. A Santa Boogie Dance was held for students. This dance provided extra physical activity for the students. The Christmas Program will be held on December 13, 14 and 15. The PTO will be having a toy auction for the students in celebration of the Christmas season.

**FH** – Students are participating in fitness activities and cooperative games during Phys. Ed class. Students are walking throughout the day. The Power Up Program is being held to discuss nutrition and physical activity with the students. Students are going outside for recess (weather permitting). A toy auction will be held for students in celebration of the Christmas season. A Holiday Family Night will take place on December 8th. The Christmas Music Program will be held on December 15 and 16.

**MAS** – Students are participating in fitness activities and cooperative games during Phys. Ed class. Students are walking throughout the day. The Power Up Program is being held to discuss nutrition and physical activity with the students. Students are going outside for recess (weather permitting). Students and staff participated in a Turkey Trot the week before Thanksgiving. An Ugly Sweater Teacher Dance Off will be held on December 9th.

**GP –** The Power Up Program is being held to discuss nutrition and physical activity with the students. The Phys. Ed class fitness test has been completed. Students are walking throughout the day. Students are going outside for recess (weather permitting). Polar Express theme decorations have been placed throughout the school. The decorations have proven to be a boost for the students’ mental wellbeing during this holiday season.

**SMITH –** Students are participating in fitness activities and cooperative games during Phys. Ed class. Students are walking throughout the day. The Power Up Program is being held to discuss nutrition and physical activity with the students. Students are going outside for recess (weather permitting). Holiday Hoopla was held and was a huge success. The Christmas Music Program will be held on December 13 and 14. A toy auction will be held for the students in celebration of the Christmas season.

**AGN –** Students are participating in fitness activities and cooperative games during their Phys. Ed class. Students in Grade 8 are finishing up their net and ball unit of badminton, pickle ball, and volleyball in Phys. Ed. Students are walking throughout the day when the gym is open or when weather permits to go outside. A fall carnival was held.

**AGS – *Not Present***

**Parent Representative – *Not Present***

**Adagio** – The Power Up Program is held for elementary students every month to discuss nutrition and physical activity. Healthy holiday snack mix food tasting is being held the month of December. Information regarding a partnership opportunity with UPMC Children’s Hospital Healthy Schools Program was presented. As a reminder, stenciling projects on the playground blacktop can be done by Adagio staff. This project will be implemented at Masontown Elementary this spring. Individual school representatives can contact Adagio if this is something they would be interested in having done at their designated school. Adagio staff is also available for support regarding nutrition and physical activity.

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

The Triennial Assessment is due by June 2023. Committee members were asked to assist with completing the review using an assessment tool that was provided to them.

Troy Golden also presented and discussed the following:

* Currently working on updating the carb count sheets with the assistance of the school nurses. This information will be beneficial to the school nurses who have students in their building who are diabetic.
* Currently working on gathering information for the Department of Ed review that will be held in the near future
* Produce prices have increased dramatically
* Previous issues with providers not having food items available has improved.

**Special Guests** – Lara Bezjak, Federal Programs Coordinator/Elementary Supervisor and Duane Frund, Masontown Elem. Principal addressed the Health and Wellness Committee with a plan for a Literacy Night for elementary students and parents/guardians. Where to have the event, when to have the event, and topics that will be presented at the event were discussed at length. Several suggestions were made by the committee members. These suggestions will be taken into consideration in the planning process. More information on this event will be forthcoming.

**Next Meeting: *TBD***