**Health and Wellness Committee**

**Minutes from Wednesday, February 8, 2023**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-MAS; Regina Blosnich-A.L. Wilson; Tara Pulig-A.L. Wilson; Sara Popson-MAS; Troy Golden, Administrator; Lisa Sumey-Secretary, Special Guest-Christopher Pegg, Superintendent*

**Building Reports:**

**ALW** – Students and staff participated in 100th Day of School activities. Students and staff collected over 100 food/treat items for Fayette Friends of Animals. The PTO and teachers will be having a Valentine’s Day Dance for students on February 10th. Students are finishing a basketball unit in their Phys. Ed. class. Valentine’s Day classroom parties will be held on February 14th. 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 with the students. Students are going outside for recess (weather permitting).

**FH** – Homeroom Attendance Dances are held weekly as a reward to the homeroom with the best attendance for the week. A Valentine’s Day Dance will be held for the students. Student Council members created mental health awareness posters for display. The theme of the posters is “Be Kind to Your Mind” Mental Health Matters. Students participated in 100th Day of School activities. 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 being held to discuss nutrition and physical activity with the students. Students are going outside for recess (weather permitting).

**MAS** – Students participated in 100th Day of School activities. Valentine’s Day classroom parties will be held on February 14th. An Easter Egg Hunt is being planned. A Kickball game between teachers and Grade 5 students will be held in June. 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).

**GP –** ***Not Present***

**SMITH –** A Penn State Thon fundraiser was held. The money raised goes towards enhancing the lives of children and families impacted by childhood cancer. A total of $3,829.96 was raised. Students 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 with the students. Students go outside for recess (weather permitting).

**AGN – *Not Present***

**AGS – *Not Present***

**Adagio** – ***Not Present***

**MAS Parent Representative –** Playground sports equipment has been purchased by the PTO. Power Up is scheduled to do a stenciling project on the playground blacktop in the spring. Basketball hoops will be moved in the spring 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.

Business from the Previous Meeting

The Literacy Night event was held at Masontown Elementary on February 7th. It was well attended and informative. The event focused on literacy. Health and Wellness was not addressed at this particular event.

The Triennial Assessment is due by June 2023. Committee members are urged to review the Health and Wellness Policy and submit to Troy Golden their recommendations on changes or additions to the policy. Troy Golden will take the recommendations into consideration and will complete the assessment tool.

Carb count sheets are in the process of being updated by Troy Golden. This information will be beneficial to the school nurses who have students in their building who are diabetic.

The AG South Middle School After-School Dinner Program review by the Department of Education went well.

Produce prices have leveled off.

Troy Golden is continuing to work on a cycle menu. This menu will be a 6-week rotation.

The Grab and Go Breakfast Program continues to show improvement in the number of students who eat breakfast compared to the number of students who ate breakfast in the cafeteria before the Grab and Go Breakfast Program was put in place. Committee members expressed positive observations and feedback from the students regarding the Grab and Go Breakfast.

New Business

Sugar and sodium restrictions by the National School Lunch Program are being updated. The projected school year for these restrictions to begin is 2024 – 2025. Menu items will be adjusted as needed.

Special guest, Christopher Pegg, Superintendent, briefly attended the meeting. Mr. Pegg and Troy Golden are exploring options for healthy choice snack items vending machines at the High School. These vending machines will primarily be for students who participate in after school activities. Profits from the vending machines will go the student activity fund.

Mr. Pegg thanked the committee members for their time and participation in the Health and Wellness Committee.

Elementary schools will be scheduling Fun Days, Track and Field Days, and Cook Out Days. Committee members are asked to relay the scheduled dates of these events to Troy Golden.

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

**Next Meeting: *March 22, 2023***