**Health and Wellness Committee**

**Minutes from Thursday, December 12, 2019**

***In Attendance:***  *Chrystal Roderick-FH/SMITH; Tricia Torrey-MAS; Kathy Williams- GP/Nurse; Kim Riley-SM/Nurse; Jeremy Keefer-AGN; Melissa Balchak-AGS; Troy Golden, Administrator; Rose Smochinsky-Secretary*

**Building Reports:**

**ALW** – Holiday Night was held recently. PE classes are doing volleyball and co-op games. Immunization screenings are up to date. Following for physical reports that may not have been received yet.

**FH** – Basketball, fitness and co-op games are being addressed during PE classes. Students are walking laps either outside or in the school. Power Up continues to provide excellent programs in the schools including physical activities, nutrition lessons and healthy food tasting.

**GP –** Special class teachers are having students dance to the music they are singing. Classroom teachers use Apple music apps such as Go Noodle, Fluency and Fitness, Retaining Music and Brain Break to incorporate activity in the regular day.

**MAS** – Power Up presentations about nutrition and activity and food tastings are being held. Students walk during recess. Jump with Jill program was held for students in grades PK-2 funded through PIC.

**SMITH –** Basketball, fitness and co-op games are being addressed during PE classes. Students are walking laps either outside or in the school. Power Up continues to provide excellent programs in the schools including physical activities, nutrition lessons and healthy food tasting. A program was presented – “Jump with Jill” – through funding from the PIC office.

**AGN-** Health instruction for grades 6 and 7 for the first semester. Students are walking during lunch or when there is open gym time.

**AGS –**Outside walking or use gym during lunch for volleyball or indoor hockey. Physical activity is introduced during enrichment period when possible.

**AGHS** – *Not present*

**Parent Representative –** *Not present*

**Adagio** – *Not present*

**Fayette Drug & Alcohol –** *Not present*

**Central Office** – Troy Golden developed a 4-week menu cycle for the cafeteria. He discussed the participation in the cafeteria programs and clarified that students must be offered four components, but only are required to take three to be considered a reimbursable meal. There was some concern about milk being a required meal component since so many students do not wish to include it as a meal choice and place it on the ‘share table’. Lunch numbers are steady, but some schools have eliminated the Last Chance Breakfast which has resulted in a decrease of student meals being served.

The Wellness Newsletter will be continued. The following members volunteered for the months as indicated. Please notify Troy or Rose if you are able to cover one of the months not yet claimed.

JAN – Chrystal Roderick

FEB – Jeremey Keefer

MAR – Kim Riley

APR - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MAY - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Other Items:**

**Community Wellness Outreach:** The committee will be looking at holding an activity in early spring (March or early April). Suggestions included a walk and possibly including the Jump with Jill activity. This presentation included music, rap songs and physical activity in a DJ fashion that was well received by the schools who had the presentation recently.

**High School and Parent Representative:**  We need a rep from the high school and a new parent representative. Principals may contact Troy Golden to provide the name of anyone who may be interested.

**Fuel Up to Play 60:** Troy mentioned this program that is supported by the Dairy Council. **Fuel Up to Play 60** is an in-school health & wellness program launched by the National Dairy Council and NFL, in collaboration with USDA empowering youth to make sustainable changes in the areas of nutrition and physical activity within their schools and communities. Jeremy Keefer indicated that he looked into participation at one time and he and Troy will look into it further to see if it is feasible to implement it further in the district.

**Youth Advisory Council:**  These student members have in the past assisted with setting up special menus for the middle and high schools to help develop nutritious meal selections that are appealing to their student population. The students were enthusiastic about the opportunity to have input into the planning. Mr. Golden will confer with the building principals to update the council members from each of these schools.

**Wellness Policy Review:** Troy suggested a review of the Wellness Policy due to some questions

about snacks being served and fundraiser items being sold during school hours. He will follow-up at the next meeting.

**Next Meeting: *Thursday, January 23, 2020 at 2:00 PM at Central.***