**Health and Wellness Committee**

**Minutes from Thursday, February 6, 2020**

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

**Building Reports:**

**ALW** – *Not present*

**FH** – Fitness stations and co-op games are being addressed during PE classes. Students are walking laps either outside or in the school. Power Up conducting food tasting activities to encourage students to try healthy snacks.

**GP –** Power Up conducting food tasting activities to encourage students to explore healthy snack choices. Staff is finding success in incorporating physical activities as part of their regular classroom instruction time (Go Noodle, Brain Break, etc.).

**MAS** – Power Up presentations with food tastings continue. Allergy alerts are posted on the entry into classrooms to indicate that there may be an allergy sensitivity. These posters only use pictures, such as a peanut, orange, etc., and do not include any student specific information and are helpful to the Power Up staff. Students walk during recess. Physical activities are used in the classroom to increase activity, as well as a means of destressing students.

**SMITH –** Fitness stations and co-op games are being addressed during PE classes. Students are walking laps either outside or in the school. Power Up conducting food tasting activities to encourage students to try healthy snacks.

**AGN-** *Not present*

**AGS –**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 informed the committee that the Food Service review from PDE is being done this spring. The Wellness Policy will be part of this review as well as meal serving and menus.

**Wellness Policy Assessment:** This assessment must be done every three years and is due by June. Troy requested three committee members to assist with completing the review using the assessment tool that was provided. Melissa Balchak and Chrystal Roderick volunteered to assist. ***He is still in need of a third committee member – please email Troy if you would like to be part of the review team.***

**Wellness Newsletter:** 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.

MAR – Kim Riley

APR – Kathy Williams

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

**Community Wellness Outreach:** We are still working on arranging a district-wide/community activity. The Jump with Jill program was suggested. Chrystal Roderick will provide Troy with information for a contact to try to make the arrangements for a possible date. Frank Heasly from United Dairy was also mentioned as a contact for our community activity planning.

**Fuel Up to Play 60:** Troy has reached out to Meredith Bailey from the Dairy Council regarding this program. He will check to see if she can be present at the next meeting to speak more about this program in order to decide if it is a good fit for the school district.

**Youth Advisory Council:**  Troy Golden will continue to work with the students at the middle and high schools for input on meal planning options, etc. AG South indicated that they do not have a Student Council, but do have an Interact Group that would be able to assist in this capacity.

**Healthy Snacks:** As a follow up to last month’s topics, the sale of snacks at the schools was

discussed at a recent meeting with principals. Middle school principals requested a list of the

suggested healthy snacks.

**National School Breakfast Week:** Troy is working with Power Up to plan activities for the beginning week of March.

**Miscellaneous Items:**

* Information was shared with the committee about possible grant funds from the Allegheny County Schools Health Insurance Consortium (ASCHIC).
* Prosper Partnerships’ *Strengthening Families Program* information was included on the district website, as well as in the February Newsletter. This program runs from February 24th through April 6th. Full details can be viewed on the website.

**Next Meeting: *Thursday, March 19, 2020 2:00 PM at Central.***