**Health and Wellness Committee**

**Minutes from Wednesday, May 22, 2019**

***In Attendance:*** *Regina Blosnich-ALW; Chrystal Roderick-FH/SMITH; Kathy Williams –Nurse-GP; Jeremy Keefer-AGN; Melissa Balchak-AGS; Tim Dye-HS; Shannon Leskinen-Parent Rep.; Megan Miller-Adagio; Troy Golden, Administrator*

**Building Reports:**

**ALW** – Practicing for Track and Field events when weather permits. Will be held on May 29th.

**FH/SMITH –** Track and Field practice during PE class. Continue walking program. Participate in weekend backpack program sponsored by local churches. FH currently has 65 participants and SM has 15.

**GP –** Power Up sessions. Running and track activities during PE.

**MAS** – *Not present*

**AGN-** Hockey and fitness during PE. Time outside when weather permits.

**AGS –**Volleyball in PE. Students are permitted outside after lunch when weather permits.

**AGHS** – Students are practicing various track and field activities: broad jump, sprints, etc. Also discussing fad diets to make students aware of pitfalls and importance of proper nutrition and balanced planning.

**Parent Representative –** Shannon Leskinen informed the committee that her child will be graduating this year. She will need to be replaced on the committee. Troy Golden will work with Mrs. Bezjak to possibly recruit a parent from one of her elementary PTOs or parent councils.

A special thank you was extended to Mrs. Leskinen for her dedication and many years of service. Her input and time served the committee well and she will be missed.

**Adagio** – Review sessions of what was presented over the year were done at the schools. Ms. Miller used a game format to do the review, with students participating in games such as Jeopardy and Family Feud. She also provided assistant with track and field activities at the elementary schools.

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

**YMCA –** *Not present*

**Central Office** – Troy obtained two bikes from General Mills to be awarded during the Summer Feeding Program to participating students. Tickets will be given to students each time they visit during the summer and drawings will be done at the end. Troy also received a donation of Five Below gift cards which will be used to purchase items such as jump ropes, balls, etc. that will also be awarded for participation in the program.

The Summer Feeding Program will run from June 18th through July 19th at the elementary buildings and from July 8th to August 16th at the high school. Meals will be available from 11:30 to 12:30.

**Old Business:**

**Wellness Walk/Run:** It was suggested that the walk/run be held in the spring rather than in October. A tentative date of Thursday, April 16, 2020 was selected. Mr. Keefer indicated that his track team members would be able to help with the event, as well as other secondary level students. Possible activities would include a “Fun Run”, cookout, donated vendor booths promoting healthy food choices, and a limited number of raffle items. Committee members will discuss the final planning in the fall.

**Next Meeting: *TO BE ANNOUNCED IN SEPTEMBER 2019.***

***Thank you to all of the committee members***

***for their time and assistance during this current school year.***

******