**Health and Wellness Committee**

**Minutes from Wednesday, October 10, 2018**

***In Attendance:*** *Regina Blosnich, ALW (Chairperson); Chrystal Roderick-FH/SMITH; Cassandra Gulino-MAS; Jeremy Keefer-AGN; Melissa Balchak-AGS; Shanon Leskinen –Parent Rep; Troy Golden, Administrator; Jacqueline Core, YMCA; Amy Stuchal and Megan Miller-Adagio*

**Building Reports:**

**ALW** – Walking at recess. Grades K-2 are doing Cooperative Games in PE and grades 3-5 are doing volleyball.

**FH** – Walking during recess. Golf and Cooperative Games are being introduced during PE classes. Upcoming planned events include Trunk or Treat and Red Ribbon Week activities.

**GP –** *Not present*

**MAS** – Masontown Munchies program.Walking at recess. Upcoming activities include Trunk or Treat and Red Ribbon Week.

**SMITH –**Walking during recess. Golf and Cooperative Games are being introduced during PE classes. Upcoming planned events include Trunk or Treat and Red Ribbon Week activities.

**AGN-** Grade 7 students are working on Body Systems in PE, and Grade 8 students are doing Ultimate Frisbee. Students are also participating in the Second Chance Breakfast program.

**AGS –** Walking outside during enrichment period. Fitness testing is being done.

**AGHS** – *Not present*

**Parent Representative –** No report

**Adagio** –The committee welcomed Megan Miller as the new Adagio representative. Food tasting is being done in the schools. They are also covering proper hand washing procedures.

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

**YMCA –** The Healthy Weight and Your Child program starts in January. This is a free program targeted to children in the 7-13 age group. Children with a BMI of 95% or higher will be tracked and the data is sent to the state. Both nutrition guidance and physical activity are part of the program.

**Central Office** – Troy Golden received grant approval for the Second Chance Breakfast program that is being made available at the schools that were eligible to participate.

**Old Business:**

**Building Healthy Schools Grant –** This grant ended in June 2018. Thank you to all who participated in the events throughout the past year.

**New Business:**

**District Wellness Night –** This event was held at AG North in the past several years. Committee members are discussing alternative ideas which will be addressed at a future meeting.

**Great Apple Crunch –** The event will be conducted at all schools on October 24th – (Friendship Hill will conduct theirs on October 25th due to a scheduling conflict).

**Next Meeting: *Thursday, November 15, 2018***