

Health and Wellness Committee Minutes from Wednesday, October 12, 2022

In Attendance: Chrystal Roderick-FH/SMITH; Tricia Torrey-MAS; Kathy Williams- GP/Nurse; Jeremy Keefer-AGN; Tara Pulig-ALW Parent Representative; Sara Popson-Masontown Parent Representative; Gina Rates-Adagio Health; Regina Blosnich-A.L. Wilson; Melissa Balchak-AGS; Troy Golden, Administrator; Lisa Sumey-Secretary

Building Reports:

ALW – Students are participating in fitness activities and cooperative games during Phys. Ed class. The Power Up Program is scheduled to begin in November. Students are going outside for recess. Truck or Treat will be held October 18. A Calendar Party Fundraiser to raise money for playground equipment will be held on November 18. Students are participating in the 7 Mindset lessons.

FH – Students are participating 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. Trunk or Treat will be held on October 27. A Walk-A-Thon fundraiser was held on October 6 to raise money for field trips.

MAS – Students are participating 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. Trunk or Treat will be held on October 20.

GP – The Power Up Program is being held to discuss nutrition and physical activity with the students. Last month the Power Up Program staff did a cafeteria visit, passed out healthy snacks, and had a healthy poster board on display. Power Up classroom visits will be held this month. Kindergarten students take a stretch break in the classroom every hour. Students are participating in the 7 Mindset lessons by working together in the classroom as well as joining together to work on “Building a Community.”

SMITH – Students are participating 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. Trunk or Treat will be held on October 13. Holiday Hoopla will be held on November 4.

AGN – Students are participating in fitness activities and cooperative games during their Phys. Ed class. Students are working on learning soccer and Yoga. Students are walking throughout the day.

AGS – Students are participating in fitness activities and cooperative games during Phys. Ed class. Students are walking throughout the day if supervision/coverage is available. The Power Up Program was held to discuss nutrition and physical activity with the students. Students get time in the student activity center when available/scheduled.

Parent Representative – A concern regarding the supply in the water vending machines was addressed and discussed. The machines are frequently out of water and/or out of service. Troy Golden will look into this issue.

Adagio – The program is being held for elementary students every month. Some months there will be lessons, some months there will be taste testing. The program was held at the middle schools in September. Fruit infused water testing and physical activity promotion was presented to the middle school students. The goal is to have this program again in the spring for the middle school students. Stenciling projects on the playground blacktop can be done by Adagio staff.

Individual school representatives can contact Adagio if this is something they are interested in. Adagio staff is also available for support regarding nutrition and physical activity.

Central Office – Troy Golden welcomed those in attendance and thanked them for taking part in the Health and Wellness Committee.

The Wellness Policy Assessment is due by June 2023. Committee members were asked to assist with completing the review using an assessment tool that will be provided to them.

Troy Golden also presented and discussed the following:

- Currently he is working on a cycle menu. This menu will be a 6-week rotation.
- The cafeteria staff attended a ServeSafe meeting on October 10.
- Advisory Councils at the High School and the Middle Schools will be established in the near future. One purpose of the Student Advisory Council members will be to supply input regarding the food items offered on the daily lunch and breakfast menus.
- Grab and Go breakfasts continue to be served
- Options to incorporate warm breakfast items are being explored
- An ice cream treat will be provided at all schools for their fall events/activities

Next Meeting: *Wednesday, November 9, 2022 at 2:00 PM at Central Office*