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## HEALTH & WELLNESS COUNCIL AGENDA

2017-2018

Location: Administration Center

Date: **Thursday, November 16<sup>th</sup>, 2017**

Time: 3:00 p.m.-4:00 p.m.

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### Agenda details:

#### I. Welcome

A. Introductions

#### II. Health & Wellness Council Webpage

The Health and Wellness council page is available on the PSD Homepage either under Food Services or Student Services.

<http://www.parklandsd.org/departments/student-services/health-services/health-wellness-council/>

#### Includes:

**Contact Information**

**Minutes**

**Policy**

**Talking Health**

We also made the council information public via the Parkland newsletter, flyers were sent home with elementary students, and faculty/staff read policy and administrative regulations, and signed off electronically at the start of the school term.

#### II. District Review

##### a. 3 buildings to be chosen

To date we do not have which building will be selected for the review process.

#### III. Goals

**17-18 School Term:**

##### A. Nutrition Education and Promotion:

***School food services and nutrition education classes shall collaborate to create a learning laboratory twice during the school year.***

Food Services is targeting the second semester to meet this goal.

##### B. Physical Activity and Education:

***To increase participation in Build your Armor program at the elementary level.***

This is the second year of all eight elementary schools participating. This fall there were 97 participants from four buildings. The total for the 16-17 school term was 205 participants from fourth and fifth grades.

### **C. School Based Activities:**

***To increase participation in the Breakfast program across the district by adding breakfast smoothies to the middle school.***

Food Services is looking at meeting this goal during the second semester of this school term.

***Water Filling Stations PHS gym area:***

This will be investigated further since council was under the impression this was completed.

***Hands Only CPR:***

723 eighth grade students were trained by EMS Counsel and LVH on November 14, 2017. During the 16-17 school term 719 students were trained.

***Fogelsville Garden Update:***

As a result of a grant received by the Foundation, Kindergarten students planted seeds for kale and lettuce after clearing plants from the previous season. Students are in charge of watering the seeds regularly. Each of the five kindergarten classes were assigned a specific garden bed. As part of the curriculum the students harvested the kale and lettuce. As spring approaches, more crops will be planted and harvested for the cafeterias salad bar.

***Million Clicks for Million Hearts:***

A free walking initiative offered through the Allentown Health Department was electronically communicated with the Faculty/Staff of Parkland. Another offering will be sent in the spring as the weather begins to improve.

### **IV. Round Table:**

- Fundraising idea for PTO's: -Superfit Schools Challenge for Elementary.
- Schnecksville Elementary has started a garden and donated the harvest to the local food bank.

**Future meeting dates:**

***Friday, May 18, 2018 at 2:15.***