
HEALTH & WELLNESS COUNCIL Minutes

2018-2019

Location: Ad Center

Date: *Friday, November 16th, 2018, rescheduled due to snow to 11/20/18*

Time: 2:30 p.m.-3:30 p.m.

Agenda details:

I. Welcome

A. Introductions

II. Assessment Report:

The draft of the report to be posted on the website was shared with council members. Lori/Sheri will work with Nicole McGalla to finalize and post.

III. School Health Report (SHARR's) Report:

Discussion of the SHARR's report revolved around the BMI status of the district, number of injuries and future tracking of this data.

Hands only CPR numbers also reviewed. 655 8th grade students were trained at OMS/SMS.

IV. Break out Working Session:

Council attendance was small so entire group worked together on all three of these categories.

Group 1: Physical Activity & Promotion

Participation in Build Your Armor & Field Trips Involving PE participation.

Use of School Messenger to get the word out.

Is it possible to permit 3rd grade to also participate?

South Whitehall Parks/Recreation may be able to assist with those schools within the township to offer other activities.

Council felt the data may have been screwed with the reporting of field trips/activities that involve physical activity.

Clubs/Teams offering various clinics throughout the district

Group 2: School Based Activities

Grades participating in taste testing's & Grades attending field trips to local farms.

Suggestions: possible CSA participation, smoothie taste testing.

In Clinton NJ, there is a place called Grow a Row. Students can go and harvest crops, supplies go to food banks. Investigate if this exists in our area

2nd grade went to Weiss and worked with the produce manager.

Questioned if Wegmans still did this.

Kindergarten goes to the pumpkin patch; do they make something with the produce?

Group 3: Other School Based Activities

18-19: Food used as a reward

Concerns expressed that this is still occurring. Suggested ideas to replace.

Secondary:

Senior privilege to eat outside
Rooms at Middle schools- Jaguar Den and Wolf's Den
Naps
Homework pass

Elementary:

Lunch with teacher/principal
Special helper (helping hands)
Make overhead announcements- call buses
Punch card to treasure chest

Both:

Gift cards: Target, Dicks, DD, Starbucks, Yofresh, Chick Filet,

IV. Round Table:

Discussion revolved around the birthday treats being sent in to schools. Council agrees to food related celebrations such as Halloween, Valentine's Day, but would like to see the birthday food treat be eliminated from all elementary buildings. Policy to be reviewed and further conversations to be had.

Future meeting dates:

Friday, May 17, 2019 at 2:15.