

Millville Area School District
Health and Wellness Minutes
November 7, 2022

Health and Wellness Committee Members:

Present: Dee Davis, Rachel Verstraeten, Whitney Holloway, Megan Scerbo, Michele Hicklin, Miranda Pell and Deb Price.

Responsibilities of the Committee:

Complete the Wellness Policy Assessment Report Template

Meet at least 2 times per year

Work on goals.

Call to Order:

The meeting was called to order at 1:00 p.m.

Discussion Items and Goals:

Physical Education Student Tracking Assessment System

Miranda Pell implemented Fitness Gram.

Results: 32% of 6th grade met the goal.

Goal:

Increasing activity for incentives.

Participate in the Kids Heart Challenge

Explore the PTO covering the cost of a rock wall with sight words.

Limited High School Physical Education Classes

High School students are only receiving 18-weeks of physical education over a 4-year period.

225 minutes of physical activity for 7-12 grade per week and 150 minutes for elementary grades K-6. Minutes are being met at the elementary school but not the high school. Suggestion of adding more PE classes at the high school.

Goal:

Increase student activity when reviewing schedules for upcoming school year. Evaluate Quaker Time/Study Halls for opportunity of additional physical activity.

Standards Based Nutritional Conference Participation or Information Share at In-Services.

Goal:

Dee shares the information during the beginning of year in-service.

Food Service

Goal:

Heart Healthy Day in February

Family Wellness Night

Open House

Nutrition Articles Published

Adjournment:

The meeting adjourned at 2:00 p.m.