

**Millville Area School District
Health and Wellness Minutes
May 31, 2019**

Health and Wellness Committee Members:

Present: Dee Davis, Chris Jervey, Kathy Musselman, Miranda Pell, Deb Price, Kaitlin Rosselli, Edward Sanders, Rachel Verstraeten, and Sara Wolfe. Absent: Jodi Brokenshire and Eric Stair

Responsibilities of the Committee:

Completed the Wellness Policy Assessment Report Template.

Meet at least 2 times per year.

Work on goals.

Meet in October or November to see that goals have been met.

Call to Order:

The meeting was called to order at 9:00 a.m.

Discussion Items and Goals:

Physical Education Student Tracking Assessment System

Miranda stated she would like to see Fitness Gram implemented. The first year initial cost is \$549 and \$200 each year thereafter. Kaitlin said monies were not in the budget this year but could certainly be budgeted in the future. Sara stated she would be willing to use some of the funding from the nursing budget. Ed stated the school participates in Giant A+ and those funds could be utilized for a student tracking software program.

Goal:

- Implementation of a physical education student tracking assessment system.

Limited High School Physical Education Classes

High School students are only receiving 18-weeks of physical education over a 4-year period. Recommended minutes of 225 minutes per week of physical activity for grades 7-12 and 150 minutes per week of physical activity at the elementary school for grades K-6. Minutes are being met at the elementary school but not high school. Suggestion of adding more PE classes at the high school. Ideally, a teacher for both male and female students. Suggestion of combined Athletic Director and PE teacher. Student ratio is a problem.

Goal:

- More support at the high school to increase physical activity.

More Activity During Elementary Indoor Recess

Suggested were a hallway interactive board and a rock wall in the gymnasium.

Rachel mentioned grants are offered and a good resource to take advantage of. Rachel and Miranda will look into this.

Goal:

- Increased activity.

Standards Based Nutritional Conference Participation or Information Shared at In-services.

Goal:

- Dee will share information during an in-service at the beginning of the school year.

Food Services to Add More Collaboration Between Students, Parents, Faculty and Staff.

Goal:

- Family Wellness Night.
- Heart Healthy Day
- Open House information to include packing a healthy lunch and demonstration of a healthy meal plate.
- Nutrition articles published in the Principal's Newsletter 4-times per year.

Agriculture Demonstrations

Some rural school students drive tractors to school near the end of the school year and it has grown to include farm animals and the concept of farm to table and healthy eating. –Discussion; no goal set.

A District-Wide Recycling Program.

Composting was suggested as an educational program with compost used on the school gardens. This would like to see well labeled recycling bins in the cafeteria. –Discussion; no goal set.

Adjournment:

The meeting adjourned at 10:10 a.m.