

**Millville Area School District
Health and Wellness Minutes
November 19, 2019**

Health and Wellness Committee Members:

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

Responsibilities of the Committee:

Completed the Wellness Policy Assessment Report Template.

Meet at least 2 times per year.

Work on goals.

Meet to see that goals have been met. We will meet again in April or May.

Post the Wellness Policy Assessment by June 2020.

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 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.
- ✓ *This goal has been met. Miranda will put money in the budget for next year and Ed will check on availability of Giant A+ funds.*

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.
- ✓ *This goal is being met at the elementary school but not the high school.*

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.
- ✓ *After further investigation the hallway interactive board is not a good option. Miranda is looking at a grant for implementing the rock wall. The rock wall will be placed in the hallway of the gym lobby.*

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.
- ✓ *This goal was met, as Dee shared the information at the in-service.*

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.
- ✓ *All goals were met with the exception of the Principal's Newsletter due to personnel changes. Kaitlin will talk to Michele, the new food service director, to make sure articles are in the newsletters.*
- ✓ *Miranda noted good collaboration between herself and the nutrition group.*

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.

- ✓ *Mr. Sanders stated the sixth-grade class will participate in Ag Safety Day, at Montour Delong, including the "farm-to-table" concept in the program.*

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.

- ✓ *Dee stated she would follow-up with this since Chris is no longer here.*

Adjournment:

The meeting adjourned at 1:50 p.m.