

Wellness Committee Mtg - 8.18.23 Virtual

Wellness Portal

- Niki - walk through of portal
- ASHIC materials get sent via Tracey Eck. Thoughts about us adding them to the Wellness portal?
 - Is anything time sensitive?
 - Could send it through Good Vibes email or through portal (address emails would come from is: Avonworth Wellness)
- Jillian needs to get all staff names in a CSV file for Niki to add them to the portal

Exciting Upcoming Events:

Wellness Fair - 19 vendors

Newsletter for August - Jillian will email staff on Monday

Flier for the Wellness Event & Bingo card - make copies and put on chairs in APC gym

- Create sign up sheets and hang them in gym on side walls and be sure to tell staff about this during kick off (meditation, workout, chair massage)
- Avonworth table - meditation apps, fitness apps, food tracking apps, mindset apps, Smoothie Buddy sign up!
- Healthy Lunch provided by Avonworth Food Service (Thank you, Melissa!)

Flourish Group events throughout the year:

1. August 22 - Wellness Kick Off event - "Wellness for All: A Showcase of Local Health and Wellness Organizations"
 - a. Challenge is the wellness day Bingo - visit as many vendors as possible.
 2. October 9 - "Meal Planning & Prep Made Simple (and delicious) with Chef David". 3 Sessions (Primary, Elementary and MS/HS).
 - a. Challenge TBD
 3. December - Bonus 30 min. Workshop/Challenge - "Resolution Reboot and Habit Challenge: Ditch the resolutions and set SMART Goals that Stick" with Niki Campbell of The Flourish Group.
 - a. This is the 21-day Habit Challenge that we'll do.
 4. January 15 - "Building Resiliency and Banishing Burnout" Speaker TBD
 - a. Self Care Challenge. 4 sessions (Primary, Elementary, MS, and HS)
 5. February 19 - "The Magic of Your Mindset with Merilee Smith" 4 sessions (Primary, Elementary, MS, and HS).
 - a. The 5-Day Energy Challenge.
- Let's make sure food service and custodians are invited and can be involved somehow

Incentives:

Food and time off work!!!!

Stock the frig!

ASD Wellness Committee sessions

What do we want to offer this year?

1. Crockpot meals
2. Morning workouts
- 3.

Other topics:

New guidelines (Melissa):

PDE will be conducting an Administrative Review of our school nutrition program during the 2023-24 school year.

As required by federal regulation 7 CFR 210.31, PDE will review documentation demonstrating compliance with local school wellness policy requirements during this Administrative Review, including:

- The current local school wellness policy
- Documentation demonstrating that the local school wellness policy has been made available to the public, such as the web address to access the policy online or a copy of information distributed at the beginning of the school year;
- Documentation of efforts to review and update the policy, such as an agenda and attendance sheet from the wellness committee or other meeting where the wellness policy is reviewed/updated;
- Documentation demonstrating efforts to actively solicit involvement from community stakeholders in the wellness policy process, such as internet postings, emails, fliers or newsletters;
- A copy of the most recent triennial assessment completed for all participating school in the LEA; and
- Documentation that the results of the triennial assessment have been made available to the public, such as information posted on the LEA's website.