

## Wellness Committee Agenda

Oct. 9, 2023

3-4 pm

Jillian

1. Feedback on [Wellness Portal](#)
2. Feedback on getting more people to participate
3. Ideas for future sessions on elem and secondary campuses?

Colleen

1. Thank you for enrolling Avonworth Middle School/High School in the Healthy Champions Program for the 2023/2024 academic year. Your Star Status score report is ready to view. You may open the score report in your web browser by clicking the link below:

[23/24 Healthy Champions Star Status Score Report](#)

Melissa

Set goals for Triennial assessment/wellness policy.

[Link to website and questions.](#)

Notes:

Feedback - Yes, people have been receiving info from wellness portal, and they get info from health insurance company. A lot of info the similar.

- Talk to Niki about differentiate content
- Wellness Fair - got some positive feedback, enjoyed vendors, samples, massage, people were grateful, etc.
- People needed more information about the meal prep b/c they didn't know what it was about.
- Meal Prep wasn't communicated as well in buildings and teachers didn't know what else was required through the day.
- Colleen/Mara - currently is the push for health screenings, state requirements, etc. After report is submitted in Dec., we turn our attention to staff wellness in January.
- Set up meal prep at APC for elem campus - Melissa can be there. Can run it at 4 pm.
- Reminder about smoothie buddies - send google form

Healthy Champions -

- Had lots of participants in walking and tracking steps. Happened through Penn State Extension.
- Kids of Steel - we pushed this out last year again. We sent out info. Kids can log activity. Every half hour = a mile of exercise. Lots of info shared with students/families but not done in class.

Girls on the Run - do we do this? Not at this time at elem.

8th gr hosts the Hannah Milburt Run - proceeds to go to scholarship fund.

Triennial - Need to do this every three years based on wellness policy. How we get the word out. Need to set three goals.

1. Staff wellness
2. Container garden in FCS, Farm to School (Grant through PA Harvest of the Month)
3. Train all staff on components of school wellness policy
  - a. We need to come up with alternative ideas for incentives, class parties, etc. so they have ideas to run with.
    - i. Melissa can meet with each staff at the buildings to explain fundraising requirements
      1. Explain exemptions (to be handled by principal)
    - ii. Melissa can meet with PTA groups as well and explain what is and is not allowed
    - iii. Create parameters for class and school parties (fall, winter, spring party and field days where they bring in outside food)
      1. Provide alternative ideas instead of food because it goes against wellness policy (hard to manage this with food allergies, diabetic students, etc.)
        - a. Colleen, Mara, Melissa, Jillian
        - b. Include principals ahead of time so they can be sure the staff knows the regulations