

Conestoga Valley School District
Student Wellness Committee Meeting Agenda
Student Wellness Committee Meeting Notes/Minutes
December 14, 2022

Members in Attendance: Teresa Drager – Director of Food Services, Diana Capka – School Board Member, Mike Smith – High School Principal, Michelle Trasborg – Fritz Elementary Principal, Adele Huntzinger – Director of Finance

I. Overview of Student Wellness Policy #246

- a. Policy states that the district is to have a Student Wellness Committee comprised of a School Board representative, district administrator, Director of Food Services, school nurse, physical education teacher, students, parents/guardians, members of the public.

The committee will continue to schedule and advertise meetings. Mike Smith will encourage students to join the committee.

- b. Role of Committee is to ensure that the Student Wellness Policy is current and that the Triennial Assessment Tool is being utilized.

Explained how the Wellness Policy was instituted out of the Hunger-Free Kids Act of 2010.

II. Triennial Assessment Tool must be completed once every three years.

- a. Due to the pandemic, the completion date was postponed until June 30, 2023.

The results of the Triennial Assessment must be made available to the public. May be posted to the LEA website or published in the LEA-wide newsletter.

III. Triennial Assessment Tool is broken down into three sections:

- a. Public Involvement, Notification, Assessment
- b. Nutritional Education and Promotion, Wellness Activities
- c. Physical Activity and Education

Each section must contain specific policy goals and a description of the progress made in attaining the policy goals.

IV. District Wellness Activities

- a. Elementary Fun Run
- b. Girls on the Run
- c. Hydroponics, School Gardens
- d. Cooking Club, Cooking Demonstrations and Taste Testing
- e. Support Dogs
- f. Pickleball Club
- g. Focus on lifetime activities such as tennis, frisbee golf
- h. Fritz Wellness Wednesdays – physical mindfulness
- i. Yoga
- j. Stem in the Woods – outdoor learning

V. Other Items for Discussion

Michelle Trasborg shared the hope to have a tricycle path around Fritz

VI. 2022/2023 Meeting Dates – Wednesday December 14, 2022 at 4:00 and Wednesday May 17, 2023 at 4:00.