

Wellness Committee Meeting Minutes
December 5, 2024
9:15am – High School Cafeteria

- I. Call To Order by Jennifer Mellott at 9:15am:
Members in Attendance:
Food Service Representative - Jaime Barnard
Student- Paul Hendershot
Parent- Jennifer Mellott
Physical Education Teacher – Heather Gordon
Teacher – Carolyn Mottern
Administration – Jeremy Hollinshead, High School Principal
Members Absent: Sandra Crouse, School Health Professional & Meredith Hendershot, Superintendent
- II. Reviewed with members the purpose of the Wellness Committee
 1. Developing, implementing, and updating policy to comply with state law
 2. Promote nutrition education and physical activity (encourage cross curricular implementation)
 3. Cooperate with community agencies
- III. Reviewed current wellness policy:
 1. Discussion on the current wellness policy (Board Policy 246 – Approved January 20, 2019) and the recommendations from PSBA as well as PDE DFN.
- IV. The committee worked together to complete the wellness assessment.
- V. Things that we are doing to promote student wellness:
 1. Discussed the current weight room policies, food and beverage items available for students currently, and potentially implementing some additional ideas for student wellness at the elementary school.
- VI. Things that we are doing to promote staff wellness:
 1. Discussed the current availability of wellness programs through insurance-covered options and what could be implemented moving forward.
- VII. Brainstorm ideas for wellness activities/programs:
 1. Discussed the following ideas:
 - a) Step Walking Contest (i.e. steps walked in a week)
 - b) Water drinking challenge (i.e. keeping up with daily water intake recommendations)

- c) Weekly email with healthy recipes.
- d) Quarterly Nutrition Newsletter or tips/ideas on wellness activities.

VIII. Next Meeting:

1. March 6th, 2025, at 9:15am at the High School Cafeteria.

IX. Meeting adjourned at 9:30am.