

WELLNESS COMMITTEE MEETING

Monday, May 5, 2025

5:30PM

**Northern Lehigh Middle School
Auditorium**

Committee Members						Remaining Meeting Dates
	Robert Kern - Chairperson		Lori Bali		Gene Marks	
X	Gary Fedorcha - Co- Chairperson	X	Todd Breiner	X	Sherri Molitoris	
X	Chad Christman	X	Michele Dotta	X	Scott Pyne	
X	Rhonda Frantz	X	Nichole Fink	X	James Schnyderite	
X	Mathias Green		Bryan Geist	X	Tania Stoker	
X	Gale Husack		David Hauser	X	Dan Williams	
X	Donna Kulp	X	Eric Hill			
	Natalie Snyder	X	Matthew Link			
X	Angela Williams	X	Christopher Mann			

Also in attendance: Mary Frank, Steven Haas, David Jones, MaryAnn Rush Wallace

Agenda

- Wellness Committee (Mrs. Fink)
 - Summary: Triennial Assessment of our Wellness Policy

The focus of the wellness committee agenda is to review the results of the triennial assessment of our school wellness policy.

This assessment is conducted every 3 years, and our wellness committee meetings are conducted annually at the end of each year in conjunction with our other committee meetings.

I have summarized each section of the assessment based off feedback from various departments that pertain to health and wellness.

- Each section of the assessment form asks the school district to evaluate their wellness policy on each item whether it is Fully, Partially, or Not at all implemented at their school

The first section of the triennial assessment focuses on:

Public involvement, notification and assessment:

We are in full compliance with the following items:

We have a Designee in charge of our school wellness policy which would be myself along with the support of Dr. Stoker. Our last assessment was conducted in May of 2022, which puts us due this year. The results of our triennial assessment are published on our school's website under the cafeteria tab. The wellness policy is updated every 3 years based on the results of the triennial assessment. Wellness Policy is reviewed by the policy committee and goes to school board for first reading, second reading and approval through board motion. Record of our assessments are kept for 3 years plus the current year per federal guidelines.

We are in partial compliance with the following item in this section:

The LEA utilizes a wellness committee that includes not only board members, administrators, nurses, PE teachers, parents, students, and community stake holders. Currently we do not have a community stakeholder on our wellness committee. Examples of individuals could be a local farmer, or representative from a local grocery store, YMCA, etc. This is something we plan on seeking out to be a part of our wellness committee for future years.

We also are considering holding meetings 2-3 times per year instead of just annually each year to more frequently assess and monitor our adherence to our wellness policy. We also will be holding meetings during the school day hours rather than in the evenings to hopefully promote better attendance by teachers and other staff.

Nutrition Education:

We are in full compliance in the following items:

NLSD implements a sequential age-appropriate health education curriculum that aims to promote lifelong wellness, and helps students make informed healthy choices in grades 1-11.

NL provides all students the knowledge and skills they need to lead healthy lives through comprehensive standards-based nutrition education.

NL offers age-appropriate nutrition education that includes engaging activities for the students at elementary, middle and high school levels. Our nutrition education curriculum equips students with practical, real-life, skills-like planning balanced meals, understanding nutrition labels, and analyzing food related media to support lifelong healthy decision making.

At the elementary level we have K-5 ELA math and science programs all of which have units and lessons directly tied to human health, development, nutrition, and agriculture.

At the secondary level we have a variety of opportunities through our Family and Consumer Science offerings and PE/Health classes. The PE/Health curriculum is specifically designed to integrate lifelong nutrition and physical activity emphasis.

We are in partial compliance with the following items in this section:

School food service and nutrition education classes work together to create a learning laboratory- The life skills students and teachers at Slatington Elementary work with food service staff to make various baked goods to sell on Friday to the staff and have utilize our cafeterias.

Staff providing nutrition education receive standards based training and professional development- Opportunities for teachers to get training and professional development are available and encouraged independently through our FLEX PD program, but has had variable engagement between teachers throughout the years.

We engage and involve families and the community in nutrition education efforts- We have identified this as an area of growth for us in future years. Possible field trips to local farms and inviting parent chaperones for example.

Nutrition Promotion:

We are in full compliance with the following items:

NLSD uses evidence-based techniques and nutrition messages in school to encourage participation in our school meal programs. Over the last few years, we have

implemented the following types of meal services to encourage students to participate in the national school lunch and school breakfast programs: Grab and Go breakfast at multiple buildings, Breakfast in the Classroom at the MS, Second Chance Breakfast at Slatington Elementary, and Lunch and Learn at the HS. These types of meal services make it more convenient for students to participate and take advantage of the programs.

We participate in farm to school activities such as school garden, taste testing, incorporating local foods into school meals, etc- Although we do not have a school garden that supplies produce to our cafeterias, we are part of the DOD fresh program that delivers local fresh produce to our kitchens weekly that is incorporated into our menus for breakfast and lunch. At SE Mrs. Mendez has an indoor green house and grows a variety of vegetables. We do not have a local farmer that we work with currently but is something we are looking into to start for next year.

The school cafeteria staff encourages consumption of whole grains, fruits and vegetables and to decrease plate waste- Our food services department provides at least 2 different fruits and 2 different vegetable choices each day at all schools. At least 80% or more of the grains that we serve are whole grain. Our cashiers encourage each student at the register to take all meal components to be considered a reimbursable meal. At least one of the items chosen at breakfast and lunch must be a fruit or a vegetable to be compliant with federal guidelines.

The food service Department has partnered up with a local company called “I have, I need” where we donate food and beverages items from our share tables items that will soon expire. We have share tables or share bins at all our cafeterias that students can put any unopened items that they do not plan on consuming. We cannot recycle these items back to stock but can offer them to students during the breakfast and lunch hours or donate.

We offer health and nutrition resources to parents via several links that are posted on our school website under the cafeteria tab with information on health eating and physical activity promotion.

We are in partial compliance with the following items in this section:

Cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition- In high school students create and implement a personal fitness plan.

We display consistent nutrition messages throughout the school- Posters are throughout building, primarily in the cafeteria that encourage students to take a full meal with all the following meal components: protein, grain, fruit, vegetable, and low-fat milk.

We are looking into attractive LED menu boards that we can display our daily menus as well as nutrition promoting messages in all of our cafeterias.

Our staff models healthy eating in front of students and avoid using unhealthy foods in the classroom lesson plans- The PE department has only consumed food in front of students that is of nutritional value.

Physical Activity:

We are in full compliance in the following items:

We provide a variety of opportunities for physical activity throughout the school day (at least 60 minutes daily as recommended by CDC)- at the High School this year we have implemented the “Lunch and Learn” model (73 minutes) to enable students to utilize half that time to eat lunch and the other to engage in physical activity such as playing basketball in the gym or other physical activities.

At the elementary levels recess is provided daily to support physical activity, social development, and overall wellbeing.

We offer activities such as indoor and outdoor recess, before and after school programs, intramurals, athletics and clubs to meet the interests of our students- Our Student Services Plan lists all the after-school activities that we offer

We maintain a physical and social environment that encourages safe and enjoyable activity for all students by incorporating School Wide Positive Behavior Support (SWPBS) practices and work with our safety committee which regularly reviews and ensure the safety of our facilities.

We discourage extended periods of inactivity for students and encourage physical activity breaks- Teachers give brain breaks throughout the day in the classroom, we also have block scheduling in our high school that allows mid-day break time within the lunch and learn model.

We offer the following NLYAA sports: Baseball, basketball, cheerleading, cross country, field hockey, football, soccer, softball, track, wrestling, and intramural weightlifting.

We do not use physical activity as a punishment in school, nor take away physical activity such as recess time for punishment

We encourage walking and biking to school within a 2-mile radius of the school.

We encourage students and families to use our facilities such as playgrounds and ball fields outside of school hours. NLYAA and other community groups use our facilities and playgrounds outside of school hours in accordance with school rules.

We are in partial compliance with the following item in this section:

We currently do not have partnerships with community members and organizations (YMCA, local parks, hospitals, etc) that offer programs to help support lifelong physical activity- we have identified this as an area for improvement.

Physical Education:

We are in full compliance with the following items:

All PE lessons are in line with state standards and are displayed on the syllabus on the day of class. All schools within the district provide standards-based PE programming where k-12 students actively participate to support health and wellness.

PE instruction given at all buildings build skills and knowledge that students need for lifelong physical activity and wellness. PE classes at all levels foster student growth and improvement by providing opportunities to learn, practice, and be assessed on developmentally appropriate physical skills.

Our PE curriculum promotes a variety of team and individual activities, including team sports, cooperative games and challenges, individual fitness activities such as running and golf, outdoor recreational type activities such as hiking and frisbee golf, and lastly individual skill building exercise like jumping ropes and weight training.

We offer a comprehensive PE course of study with structured instruction time, ensuring students meet standards at the proficient level. Currently the PE department is mapping out curriculum and addressing any areas that need improvement to ensure continued alignment and success.

We use a local assessment system to monitor and support student progress aligned with state physical education standards. Students complete a fitness test 3 times per year, starting with a baseline assessment and then measuring growth and progression throughout the year.

Formal fitness testing begins in 4th grade, with 3rd grade serving as the introduction to the fitness training process.

Students engage in all grade levels with moderate to vigorous activity throughout PE classes. Accommodations are provided for medical conditions and disabilities, and all IEPs and 504 plans are reviewed and followed.

We ensure safe and well-maintained equipment, facilities, and resources for physical education with regular reviews and input from the districts safety committee.

All teachers within the PE department are fully state- certified.

We are in partial compliance in the following items:

We provide professional development for PE staff- PE staff are provided with professional development but not always specific to the field. However additional PD is available as flex PD to the staff.

PE classes have teacher to student ratio similar to other courses for safe and effective learning- The typical PE class size is larger than the typical classroom average.

Other School Based Wellness Activities:

NL is in full compliance with the following items:

Free drinking water is available at all schools via our bottle fill stations and water fountains.

Our school nutrition staff meet local hiring criteria and are in compliance with federal regulations. On Act 80 days all food service staff complete continuing education credits on the following topics: food safety, HACCP training, Civil Rights, Meal Counting and Claiming, and Offer versus Serve training.

FS director- 12 credits annually

Head cooks- 10 credits annually

Cooks helpers- 6 credits annually

We provide adequate space for eating, as well as a safe clean eating environment. Only authorized staff have access to the food service operation. This year the high school students can spread out throughout the building to eat, which I know they really enjoy

For all schools we offer a minimum of 15 minutes to eat at breakfast time, and minimum of 30 minutes at lunch.

We implement alternative school Breakfast and School Lunch service models:

HS- grab and go breakfast from cafeteria (previously off carts)

MS- grab and go breakfast from cafeteria (previously breakfast in the classroom)

SE- combination of tradition breakfast in the cafeteria and second chance breakfast off carts (between 1st and second period)

Nutrition information on menu items is shared to staff and community via school café app.

We communicate information to parents and guardians regarding “Nutrition and Wellness resources for Families”- on our website under the cafeteria tab, with links to healthy eating and physical activity online resources.

We utilize outside funding and programs to enhance our wellness policy- Lehigh Valley Educators Credit Union donates \$10,000 each year to support our students who are part of our backpack buddies program that supplies nonperishable weekend food.

We are in partial compliance with the following items:

Including students and parents in menu selections through taste testing and surveys throughout the year- Taste testing and surveys have been conducted in the past but typically only 2 times per year once in the spring and again in the fall when we have dietetic interns who have to complete various marketing products, etc as part of their programs. Our goal is to conduct these more often

Fundraising projects submitted for approval are supportive of healthy eating and student wellness- The district acknowledges that our procedure for tracking fundraising activities need to be better established. Elementary and middle school level- only 5 exempt fundraisers allowed per year, and at high school- 10 exempt fundraisers allowed. Exempt meaning does not need to follow smart snack guidelines – snacks that meet certain sugar, fat, sodium, and overall calorie limits.

Nutrition Guidelines for all Food and Beverages sold at School:

NL is in full compliance with the following items:

Food Service department serves breakfast, lunch and SHINE menus that are all compliant with the national nutrient guidelines, and all snacks and beverages sold ala cart meet the smart snack nutrient guidelines.

We do not allow for competitive foods (non-Smart snack compliant foods and beverages) to be sold via vending machines or school stores during school lunch hours.

We provide a list of healthy Smart Snack compliant food and beverages to staff and parents/ guardians- A list of all of our smart snack beverages and snacks are provided on our district website under cafeteria tab.

NL is in partial compliance to the following items:

We offer healthy food and beverage options at school sponsored events such as dances and sporting events- Not all events have a healthy item to choose from. Majority of the items sold at sporting events are not compliant

We have local standards in our policy for foods and beverages offered for free to students at school for things like food rewards, classroom parties, etc- We have a birthday basket program that allows those families in elementary school to purchase a birthday basket for their child which includes a variety of toys, chips, cookies, ice cream, and cupcakes that are all smart snack compliant. However not all classroom reward snacks currently are being monitored for compliance.

In Sum:

Goal for 2025-2026 SY:

- Seek out local stakeholders to participate in our wellness committee meetings
- Reinforce regulations regarding school fundraisers, food and beverages offered in the classrooms as rewards, and food/ beverages sold during school day
- Collaborate between Food Service Department and health/ PE teachers to provide other experiences for students in the classroom
- Providing more opportunities for parent and student involvement with menu planning (Ex: taste testing, polls, recommendations on new featured menu items)