

Charleroi Area School District Wellness Meeting  
September 22nd, 2025

1. Brief Introduction

- a. Please sign in
- b. Why are we having this meeting?
- c. When should we do future meetings?
- d. Questions or Concerns - Email [josephgudac@charleroisd.org](mailto:josephgudac@charleroisd.org)
- e. CASD is a Community Eligibility Provision (CEP) school
- f. Has this voice helped students?
- g. Pros/Cons?

2. [School Wellness Policy](#)

3. [Wellness Policy](#)

[Asshttps://go.boarddocs.com/pa/charleroisd/Board.nsf/Private?open&login#essment](https://go.boarddocs.com/pa/charleroisd/Board.nsf/Private?open&login#essment)  
[Tool and Report Template](#)

a. Nutrition Education

- i. We teach, model, encourage, and support healthy eating through nutrition education.
- ii. We provide all students with knowledge and skills for healthy lives via nutrition education.
- iii. In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).
- iv. Staff providing nutrition education receive standards-based training and professional development.

b. Nutrition Promotion

- i. We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.
- ii. We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.

c. Physical Activity

- i. We discourage extended periods of inactivity (two hours or more) for students.
- ii. We provide physical activity breaks in the classroom.

d. Physical Education (PE)

- i. PE instruction promotes skills and knowledge necessary for lifelong physical activity.
- ii. Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.

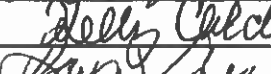
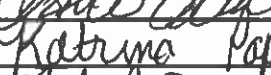
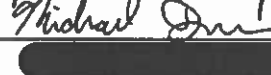
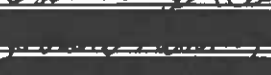
e. Other School-Based Wellness Activities

- i. Free drinking water is available and accessible to students during meal periods and throughout the school day.
- ii. We provide a safe and clean meal environment for students.
- iii. We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.

4. Other Items for Discussion

5. ACSHIC 2025 Wellness College - Tuesday, October 21, 2025

**2025 CASD Wellness Policy Meeting**  
**9/22/2025**

|    | Name:             | Role:                    | Signature:                                                                         |
|----|-------------------|--------------------------|------------------------------------------------------------------------------------|
| 1  | Joe Gudac         | Admin                    |  |
| 2  | Adam Brewer       | Principal                |  |
| 3  | Coleen Krepich    | IT                       |  |
| 4  | Kelly Caldeira    | Food Service Director    |  |
| 5  | Bonnie Conner     | School Nurse             |  |
| 6  | Katrina Papantoni | Parent                   |  |
| 7  | Michael Dunn      | Admin                    |  |
| 8  | [Redacted]        | Student                  | [Redacted]                                                                         |
| 9  | [Redacted]        | Student                  | [Redacted]                                                                         |
| 10 | Amey Nelson       | <del>Parent</del> Parent |  |
| 11 | [Redacted]        | Student                  | [Redacted]                                                                         |
| 12 | [Redacted]        | Student                  | [Redacted]                                                                         |
| 13 | [Redacted]        | Student                  | [Redacted]                                                                         |
| 14 | [Redacted]        | Student                  | [Redacted]                                                                         |
| 15 | [Redacted]        | Student                  | [Redacted]                                                                         |
| 16 | [Redacted]        | Student                  | [Redacted]                                                                         |
| 17 |                   |                          |                                                                                    |
| 18 |                   |                          |                                                                                    |
| 19 |                   |                          |                                                                                    |
| 20 |                   |                          |                                                                                    |
| 21 |                   |                          |                                                                                    |
| 22 |                   |                          |                                                                                    |

Student names redacted for posting on website.