

Wellness Committee Meeting Agenda  
February 6, 2025  
3:00- 4:00 p.m.

- Welcome
- Approve minutes from October 24, 2024 Meeting
- Committee membership updates
  - FACS: Sports Nutrition ARC update - Elizabeth Kriel
  - Student Council
  - Elementary Schools
  - Secondary Schools
  - Physical Education
  - Food Service: PA Farm to School Nutrition, breakfast regulations, GAMS demo in the classroom
  - Family Navigators
  - Community/others
- Committee initiative

“Wellness Community Night”

**April 9, 2025** - Location: GAMS (5-7:30 p.m.) \*Reserved space - Café, Food Court, Gym

Below are the sessions for programming with lead personnel to develop the key dimensions in Wellness structure and standards.

- General/Food Nutrition - Culinary Chef Demonstration (Lead personnel - Nick, Penny, and Priscilla)
- Sports Nutrition Education (Lead personnel - Liz, Caitlyn, Mike, and student reps)
- Physical Activity Exercises and Activities (Lead personnel - Michelle, Alison, and Kristy)
- Behavioral Health Awareness (Lead personnel - Jeanette, Tara, Jennifer, and Rachel)
- Social Health Services - Community support and Outreach through local connections and partners: SCCAP, Ruth’s Harvest, Adams County Food Policy Council, Children’s Health and Nutrition Task Force (Lead personnel - Morgan, Jennifer, and Tammy)

Committee Planning Groups: members of each group may meet in person or work remotely to develop the framework for the programming they are supporting. The lead rep from each group prepares a planning update for the committee via email on **February 28<sup>th</sup>**. Final plans and details shared with the group during the **March 20<sup>th</sup>** meeting.

Next Wellness Committee Meeting:

March 20, 2025

3-4:00 P.M

Admin. Board Room.