

Wellness Committee Meeting Agenda  
March 20, 2025  
3:00- 4:00 p.m.

- Welcome
- Approve minutes from February 6, 2025 meeting (Remote)
- Committee membership Wellness updates:
  - FACS
  - Student Council
  - Health Services
  - Elementary Schools
  - Secondary Schools
  - Physical Education
  - Food Services - USDA/PDE Child Nutrition Program Updates:
    - Farm to School: PA Harvest of the Month: March- Dairy (Chocolate Milk Blender Samples). April: Leafy Greens
    - Sodium Reduction beginning 7/1/25 – 10% reduction in breakfast and 15% for lunch.
    - Added Sugar reduction beginning 7/1/25 (limits on specific high sugar products: cereals, yogurt and flavored milks)
    - After School Snack program beginning 7/1/25 – 80% whole grain, grain-based desserts not allowed and limitations on juice
    - Preparing for Summer Meal Program (June – August)
    - SFR Movement – School Food Rocks is an advocate of school nutrition comprised of chefs, dieticians and foods service professionals supporting school districts across the. They recently attended the SNA Food Service Leadership Conference in Pa. They offer resources in menu/recipe development, food trends: global/fusion scratch cooking, and farm to school.
    - Video 1: [https://www.linkedin.com/posts/joe-urban-6b02542b\\_thisisschoolmeals-schoolfoodrocks-thisisschoolmeals-activity-7272291654236049409-FCaH?utm\\_source=share&utm\\_medium=member\\_desktop&rcm=ACoAAFBT\\_8wB5J-ygoR8uualcU6PYlyH8cPI9vE](https://www.linkedin.com/posts/joe-urban-6b02542b_thisisschoolmeals-schoolfoodrocks-thisisschoolmeals-activity-7272291654236049409-FCaH?utm_source=share&utm_medium=member_desktop&rcm=ACoAAFBT_8wB5J-ygoR8uualcU6PYlyH8cPI9vE)
    - Video 2: [https://www.linkedin.com/posts/joe-urban-6b02542b\\_schoolfoodrocks-culinarytraining-innovation-activity-7296876199417434112-ozvi?utm\\_source=share&utm\\_medium=member\\_desktop&rcm=ACoAAFBT\\_8wB5J-ygoR8uualcU6PYlyH8cPI9vE](https://www.linkedin.com/posts/joe-urban-6b02542b_schoolfoodrocks-culinarytraining-innovation-activity-7296876199417434112-ozvi?utm_source=share&utm_medium=member_desktop&rcm=ACoAAFBT_8wB5J-ygoR8uualcU6PYlyH8cPI9vE)
- Family Navigators
- Community/others

- Committee initiative: “Warrior Wellness Night”

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

➤ **Programming:**

- General/Food Nutrition - (Nick, Penny, Priscilla, Emily, and Sarah)
- Sports Nutrition Education - (Liz, Caitlyn, Mike, and student reps)
- Physical Activity Exercises and Activities - (Michelle, Alison, and Kristy)
- Social and Health Services - (Morgan, Jennifer, Tammy, Jeanette, Tara, and Rachel)

Break out into the 4 working groups, and finalize planning details to include:

- Each working group confirm members supporting the event and their roles during the event
- Communications/advertising: district social media and website (Vanessa)
- Confirm physical space access and custodial services (Nick to confirm with Facilities)
- Facility requirements: tables, chairs, coat rack, etc. (Emily to gather information)
- Technology requirements: mic, podium, projector, etc. (Tammy to gather)
- Each working group confirm resource support/outside business support
- Confirm miscellaneous supplies needed: water stations, giveaways for kiddos, information/business flyers

Next Wellness Committee Meeting:

May 1, 2025 (TBC)

3-4:00 P.M

Admin. Board Room.