

Wellness Committee Meeting
February 6, 2025
Meeting Minutes

Attendance:

Nick Milone – Food Services
Jeanette Slimmer – GAMS Nurse, Health Services
Shelly Lappi, FTE Principal
Kristy Caywood, MS Principal
Mike Rupp, HS Assistant Principal
Matt McFarland, LE Principal
Penny Adams, GAHS Kitchen Manager
Caitlin McBride, Teacher, Family and Consumer Science
Elizabeth Kriel, Teacher, Family and Consumer Science
Michelle Pecaitis – Teacher, JG Phys Ed
Ali Flores – Teacher, FTE Phys Ed
Jennifer Weigle, Social Worker
Morgan Miller, Human Resources Coordinator
Livia Powell, Student Council
Natalie Sinclair, Gleaning Project
Tara Zimmerman, Family Navigator
Rachel Hastie, Family Navigator Guest
Tammy Signor, Food Services

Absent from meeting: Belinda Wallen, Priscilla Barahona, Tiffany Rudisill, William Morris, Luke Breighner, Renee Winters, Lindsay Knouse.

Welcome and Minutes – Nick welcomed the committee. Liz Kriel made a motion to approve the minutes from October 24, 2024 with second from Mike Rupp.

Committee Membership Updates:

FACS: Sports Nutrition ARC Update – Elizabeth Kriel

Sports Nutrition Class for next school year. Interest within the student body. 4 days of instruction and 1 day (Friday) for lab. Holding 2 club meetings a month. Topics -Healthy eating around the holidays and Christmas party with Acai bowls.

Physical Education – Mike Rupp and Ali Flores

Mike reported they are holding their final indoor activity. Looking forward to getting outside. Ali reported receiving a grant from Healthy Champions through Penn State. FTE received a star rating on healthy eating. They purchased pickle ball supplies through grant and will be playing bi-monthly on Thursdays after school. Mike reported they are playing basketball at the high school on Friday mornings at 6 a.m. Mentioned charity mini-thon with New Oxford teachers on a Saturday night. Suggested pickle ball tournament. Want to get more people participating in events and is reaching out to other buildings.

Food Services – Nick Milone

PA Farm to School member this school year. GAMS demo in classroom. Breakfast regulations.

Social Services – Jen Weigle

A wellness event, “When the Sun Goes Down – Finding Your Light”, was held at the high school. Brought in group called Cool Dudes.

Health Services – Jeanette Slimmer

It is American Heart month. Grant for Healthy Safe Schools and Vector Training. Cardiac response plan for professional development. Visible to High School and Middle School on PD Days. Heart health talks, hands only CPR, AED, Epi Pens and Narcan for topics. These are ways to educate the staff. Hope to have elementary teachers involved at some point. Want to provide more education to the staff. Nick brought up allergen awareness. Jeanette covers medical emergencies with her staff as a yearly review. Nut free classroom.

Wellness Community Night – April 9 at GAMS 5-7:30 p.m.

Space has been reserved for Café, Food Court, and Gym.

Nick reported that Sarah Davis from Penn State Extension is willing to help. Need to have ample food for the time of event with sampling and demonstrations. All lines in food court will be open. Nick has policy council meeting this week and will discuss utilizing their resources to support the event. Kristy asked about the direction of event. A few thoughts: Penn State Pro Wellness has physical activities, things that coincide with our wellness mission; informative; activities; for students, parents and community to get together and learn how to cook together. Collaborate as a team, make use of gym. Need to reserve other space if needed. Vanessa will be promoting this event including use of social media. Need to let the community know our mission and what we are striving for. We need signage.

Community Planning Groups should hold meeting, phone call or zoom to discuss specific areas given for the wellness night. Need update by end of the month on the groups to see how things are developing. Groups should have 1-2 things that are current, relevant, giving most impact. Need a good baseline in March to be ready in April. Rachel mentioned having others within the community join next meeting.

Next meeting is March 20 at 3 p.m. Board Room of the Administration Building.