

Wellness Committee Meeting
March 20, 2025
Meeting Minutes

Attendance:

Nick Milone – Food Services
Jeanette Slimmer – GAMS Nurse, Health Services
Mike Rupp, HS Assistant Principal
Caitlin McBride, Teacher, Family and Consumer Science
Elizabeth Kriel, Teacher, Family and Consumer Science
Michelle Pecaitis – Teacher, JG 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
Emily Firestone, Food Production Manager
Vanessa Sanders, Communication Coordinator
Tammy Signor, Food Services

Absent from meeting: Shelly Lappi, Kristy Caywood, Matt McFarland, Belinda Wallen, Penny Adams, Priscilla Barahona, Tiffany Rudisill, Ali Flores, William Morris, Luke Breighner, Renee Winters, Lindsay Knouse.

Welcome and Minutes – Nick welcomed the committee. Morgan Miller made a motion to approve the minutes from February 6, 2025 with second from Jeanette Slimmer.

Committee Membership Updates:

Wellness Night – Nick Milone

Drive attendance by advertising event and having local partners.

FACS: 7th Graders Lunch Menu – Caitlin McBride

2nd group of students has put their lunch menu together and will be selecting a winner. The menu will be served in the cafeteria. Focusing on wellness, nutrition and trying different things. Nick will continue to support the classroom.

Sports Nutrition ARC Update – Elizabeth Kriel

Sports Nutrition Class for next school year has 47 signed up for 20 seats. Club meetings continue, consistent, good energy. Livia attends. Nick would like the next student council meeting date to attend and share updates from food services.

Health Services – Jeanette Slimmer

All 5 schools were able to participate with American Heart Month. Continue to build on heart healthy choices. Heart Club got the word out and people got involved. James Gettys and Franklin Township had better numbers for participation.

Physical Education – Michele Pecaitis

Heart Challenge was done. Energized, talked about healthy choices, no tobacco. This is done annually. Fun activity. Nurses instructed CPR and a few teachers participated. Activity with basketball focused on

math. Field day will be coming up. Grants were discussed but nothing submitted. Nick explained that food services is using the last \$3,000 of the breakfast expansion grant for technology and other money used for flex carts. Par Cor will have the obstacle course in the big gym with our pickleball. We will not be having jazzercise and line dancing. Alli will be in the small gym. Need to find out the needs for Karate. Concern about prizes not listed on the flier. Vanessa will update the flier. Nick mentioned sending out thank you notes. Michele spoke on classroom celebrations – cost, not including small cupcakes. Jeanette mentioned the middle school is not bringing in snacks. They did have a fundraiser with donuts at the end of the day. Tammy will send out the celebration form for what is offered. Michele suggesting sending to Ted for him to distribute to staff.

Family Navigators – Rachel Hastie

Rachel mentioned they had 4 signed up for a total 12 people and none showed up. Sara Davis was planning presentation on nutritional labels. Food demo with black bean salad. Noted it was a nice day and they will try again.

Food Services – Nick Milone

PA Harvest – Chocolate milkshake with yogurt base and chocolate milk. More like a smoothie with less calories. Phase 2 to reduce sodium is coming. Brokers are working with manufacturers to replace or offer something new. Sugar reduction will have the highest impact. Low sugar on 7-8 cereals and expand on this. Will be phasing out high sugar. NSLP funded, maybe cut, not expect to see impact to students. CEP (Community Eligible Provision) – This could change. Not in place for us. Share videos from Joe Urban from School Food Rocks. Using global foods, farm to school, angus beef into the school districts, looks like restaurant quality and serves at all levels.

Social Services – Jen Weigle

Peer to Peer Suicide Prevention and Intervention. Good listening skills for students, keep information confidential and refer them or go to trusted adult/advisor/counselor. Awareness of here to help. Wellness Fair on May 7 at the Farmer's Market with Healthy Adams County.

Gleaning Project – Natalie Sinclair

May 2 at Gettysburg College is their fundraiser with soup, bread and drinks. Excited for the growing season.

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

Groups met briefly.

Emily will send out an email regarding table and chair, and other needs for this evening.

Next meeting is May 1 at 3 p.m. to be confirmed - Board Room of the Administration Building.