

Wellness Committee Meeting Agenda
October 23, 2025 3:00- 4:00 p.m.

1. Call to Order

- Welcome and introductions of new members
- Review of the agenda

2. Approval of minutes from March 20, 2025 meeting

- Review and approval of the minutes from the last wellness committee meeting

3. Wellness Policy and Compliance

- Student Wellness Administrative Guidelines Code 246 (last revision - May 2024)
- Ensuring alignment with Pennsylvania Department of Education Guidelines and Requirements
- Wellness Policy Assessment - Triennial Review (last review 23-24 SY)

4. Committee Member Reports/Discussion:

- Committee members provide an update on any relevant Wellness information or concerns in your department/area below:
- Family/Consumer Science
- Family Navigators
- Community/others
- Student Council
- Health Services
- Elementary Schools
- Secondary Schools
- Physical Education

Food Services - Administrative Review, Meal Patterns, Apple Crunch 10/23; PA Preferred Day 10/29- 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

5. Health and Wellness Goals

- Collaborate on new initiatives for GASD and the community
- Prioritize based on objectives

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Next Wellness Committee Meeting:

December 4, 2025 (TBC)

3-4:00 P.M

Admin. Board Room.