

Wednesday, November 5, 2025

## Citizen Advisory Committee

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### Attendees

#### School Board

**John Gesiskie**  
**Melanie Zipp**  
**Matt Walters**  
**Diane Serfass (Alt)**

#### Polk (3)

**Antionette Gravel**  
**Frank Saffioti**  
**Kristen Rudelitch**  
Jolene Pioli (Alt)

#### **Lindsey Miller**

Taisha Garcia  
**Amanda Pagano**  
**Alison Fennell**  
**Jeremy Livingston**

#### Ross (2)

Sandra Perry  
**Jennifer Rufo**  
Marsha Overpeck (Alt)

#### Eldred (2)

**Timothy Hatcher**  
**MariClaire Hosking**

#### Admin

**Dr. Howard**  
**Mrs. Smale**  
**Mr. Ayers**

#### Chestnuthill (5)

Nicole Serrano

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### Subject - Health and Wellness

- Hixon weight room
  - There was a discussion around the equipment from the weight room and where it went. There was a history of the room provided. The room was utilized as a non-athlete weight room, and in some cases for the girls teams and inter murals. There are so many more sport clubs that this gym is not utilized as much anymore however Mr. Korcienski manages the scheduling.
  - Equipment that will fit in the redesigned room will be moved and put into storage until ready. The Hixon sign will be moved with the equipment.
- How are we engaging students in nutrition and wellness
  - At the elementary level, the chef teaches them healthy recipes at school and then they can take them home.
  - At the middle school level they have a committee for wellness and nutrition, Chefology, and during their classes they are including items like counting calories in math, discussing the body in anatomy as well as offering health and wellness 1 and 2 that includes health and has a nutrition component.

- There was a discussion around the state guidelines, food options available. Whitsons needs to provide a menu to PDE for approval. There are no vending machines for the students, a la carte items can be limited by the parents. There was a questions about how much percentage wise of the food is organic and chemical free.
- Whitsons update is not on the food service website, will be added next month.
- They are looking at potentially including hydrponics with Science so they can grow food indoors that can be used toward lunch prep.
- Physical Education
  - The state sets the minimum requirements that must be met. The ask was to spread PE in throughout the year so it isn't all in one semester to build better habits.
  - There was a discussion around military preparation and how much less physically prepared kids are today to enter the military. Because less that 4% of students move into the military, the conversation was redirected, however, there was a short discussion around ROTC who comes into gym classes and has the kids do military drills.
  - There was a conversation around challenge around scheduling because the MCTI kids and how they are able to get active time and if they are grade 9 their active time is taken from some of their classes because they are there all day. 10,11,12 are at MCTI half the day so they need to go to gym in their home schools.
- Mental Health
  - Jeremy shared an article he read that talked about forcing students to go through difficult situations to learn. Not pushing the kids to failure doesn't teach them how to get over it and there was a discussion around this.
  - We discussed that there was a counselor from St. Lukes one day each week in each building to see the students. They have student support teams and SEL rooms in PVE and PVI.
  - SAP info is on the parents website.
  - At the HS there are grade level presentations to talk about the SAP process. Teachers on those teams go to 2-3 days of training.

- At the MS the guidance counselors go to lunch in the lunch rooms so that they are viewed as people and it encourages the kids and enables them to help build relationships.
- Each year students read reminded of SAP at grade level meetings which occur once per quarter
- MS and HS has the Avidum club which is student driven, supporting one another. It is a very popular club here and at MCTI.
- Additional ways to collaborate with counselors for prevention
  - There is a student concern form
  - Teacher check-ins with the kids based on counselor feedback
  - Counselor check-ins with the kids based on teacher feedback.
- At PVE and PVI they are having weekly meeting
- In the MS there is the 6th grade seminar where counselor is in for part of the class to build relationships
- They try to separate the counselors in HS by letter of last name so that hopefully the kids are with the same counselor for the duration and build a relationship with them.
- We need to celebrate and recognize the things we do for mental health
  - SAC committees ask for student feedback and requests
  - We perform at the HS level survey for interest in classes and activities the students want to see.
- Questions
  - There was an ask to share the content and/or context of the SEL lessons so that parents understand what they should be helping the students focus on when the kids are at home.
  - There was a question around the gym and its use and if we have polled the kids for what they want if the area isn't used that much, which brought up the inter mural conversation again.

Next Meeting: Wednesday, December 3, 2025 6:30 - 7:30PM

Next Topic: Remainder Health and Wellness