

Wellness Committee Meeting Agenda December 18, 2025 3:00- 4:00 p.m.

1. Call to Order

- Welcome
- Review of the agenda

2. Approval of minutes from December 18, 2025 meeting:

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

3. Wellness Resource Review:

- [Alliance for a Healthier Generation](#)
- [USDA Dietary Guidelines for Americans, 2025-2030](#)
- [Penn State PRO Wellness](#)
- [PDE - Local Wellness Policy Resources](#)
- [GENYOUTH School Wellness Portal](#)
- [Highmark Foundation](#)

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
- Social Services
- Elementary Schools
- Secondary Schools
- Physical Education
- Food Services - Farm to School Network Updates

5. Health and Wellness Goals/Events

- Free Community Event: Keeping Kids Safe from Hidden Digital Dangers. Wednesday, March 25, 2026. 6:30 p.m. in the GAHS Auditorium. Resource Fair begins at 5:30 p.m.
- Free Student and Staff Event: Balanced Nutrition - Developing Sustainable Healthy Habits Cooking Demo - Hosted by Giant Foods, Adams County Food Policy Council, and GASD Food Services. Tuesday, April 14, 2026 from 5-7:00 p.m. in the GAHS Cafe

***Sub-Committee will meet to discuss planning for the Balanced Nutrition Event - dates TBA**

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Next Wellness Committee Meeting (last meeting of the (25-26 SY):

April 16, 2026

3-4:00 P.M

Admin. Board Room.