

Wellness Committee Meeting Agenda

6/6/2022

- Welcome
- Approval of 5/2/2022 Minutes
- Committee member to take meeting minutes
- New Business: Formation of Sub-Committees
 - Public Involvement, Notification, and Assessment
 - District website updated with Wellness Committee information
 - Buildings should be sharing information pertaining to Health and Wellness to be added to the Wellness tab
 - Nutrition Education & Promotion (246-AR-0)
 - Integrate nutrition education into the district health education program
 - Food Service and Teachers coordinate to develop a nutrition education program
 - Develop consistent nutrition education messaging through:
 - Handouts, posters, bulletin boards
 - District website posting, articles in newsletters, Live with Lutz, news media
 - Wellness programs and presentations
 - Develop age appropriate nutrition education lessons and activities to be integrated into daily lessons
 - Resource: PDE Nutrition Education, USDA Food and Nutrition Service
 - Add nutrition information to school menu
 - Provide nutrition education resources and education for parents/guardians
 - Develop relationships with outside agencies and community groups to promote community involvement

- Physical Activity (246-AR-1)
 - Develop age appropriate physical activities during the day to achieve optimal health and wellness
 - Dance Break, Minute Mind Break, Stand up and Stretch
 - Provide information to parents/guardians encouraging physical activity outside of school
 - Reinstate before/after school programs that encourage physical activity
 - Notify community of events and activities taking place within the District

- Physical Education (246-AR-2)
 - Review the physical education curriculum and update as necessary
 - Evaluate and inventory equipment used for physical education and report any necessary replacement requirements
 - Work with Health and Physical Education teachers to develop Wellness curriculum
 - Perform regular physical education assessments and surveys and report results to the Board, parents/guardians and community
 - Promote family and community involvement through supporting and reinforcing physical education

- Other School-Based Wellness Activities
 - Fundraisers (246-AR-3)
 - Review policy, is policy being implemented in schools
 - Distribute policy to clubs/organizations throughout the district
 - Provide USDA Smart Snack information
 - School Wellness Initiatives (246-AR-5)
 - Develop district programs, communication and outreach that support school wellness
 - Food Service Director to review policy and ensure that Food Service Department is in compliance with policy and training requirements

- Communicate monthly menus:
 - Copies sent home with students
 - Posted in school buildings
 - Available on district website
 - Menus to include:
 - Healthy tips, promotion of positive dietary and lifestyle practices
 - Nutrition content
 - Encourage student, parent/guardian participation in menu selections through:
 - Surveys, taste test, contests
 - Rewards and Incentives/Classroom Parties and Celebrations/Shared Classroom Snacks
 - Develop district wide consistent guidelines
 - Address making healthy alternatives available at school-sponsored events outside of the school day
- Nutrition Guidelines for All Foods and Beverages at School
 - Healthy School Environment (246-AR-7)
 - Review policy
 - Assess the Healthy Learning Environment Program
 - Environmental factors
 - Instructional program
 - Marketing Plans for School Wellness (246-AR-8)
 - Develop consistent Health/Wellness/Nutrition messaging
 - Find various ways to promote the district message of Health and Wellness
 - Social media, Live with Lutz, morning announcements
 - Follow policy with regards to Food and Beverage Marketing in Schools
 - Vending Machines (246-AR-9)
 - Research feasibility/availability
- Old Business: Triennial Assessment
- Matters of Information
- Adjournment