

## June 6th, 2022 Wellness Committee Minutes:

- 4:15, Jennifer opened the meeting and welcomed new participants and she explained the assessment and our goals.
- 5/2/2022 Meeting Minutes were presented for approval, Joyce Weber: motion to approve
- Coordinator shared that we will need to establish subcommittees soon to be able to effectively accomplish all of our goals pertaining to the assessment and so we can gather future evidence for the PDE.
  - Also asked if everyone was able to locate resources on the websites and explained how to do so.
  - She asked if a member present would take meeting notes today. Petrice Ussia offered to do so.
- Coordinator moved forward with explaining the responsibilities/requirements of each sub-committee as it pertained to Baldwin-Whitehall School Board Policy 246 and the Triennial Assessment:

### 1. Wellness Tracker at Website: for PDE evidence

Coordinator suggested establishing a building contact person to report to specific building events that pertain to district goals and better communication moving forward for next school year.

From here, newsletters, etc. whatever form of communication to the community will be explored. Each building contact is to send information to Food Service Director, Joyce Weber, to be added to the District website

MES: Nikki Feathers (volunteered)

HEC: Alicia Johnson (volunteered)

BMS: Scott Ross (volunteered)

### 2. Nutrition and Education Promotion: (246-AR-0)

Coordinator shared how Dr. Lutz spoke of how we need to improve and establish a Nutrition Education Program.

Mr. Ross shared that we could integrate "nutrition talk" into Homeroom.

He shared that he has a specific Homeroom Committee that focuses on school "Habits of Success" activities in place that are quite useful in his building.

It was suggested developing consistent education messaging throughout the district.

Also developing and establishing much needed Nutrition lessons as a possible Health component.

We need to add to our school menu and provide nutrition resources to all parents.

The Assessment revealed that we are lacking in community involvement and need to find ways to integrate the community into nutrition education.

It was suggested that we participate in next year's "We Are Neighbors" event. The event is already in place and was well received by our community recently.

A member shared an idea that we could add a table at the event next year with resources.

### 3. Physical Activity: (246\_AR-1)

Petrice was asked to share how MES classroom teachers provide brain breaks as daily activities in elementary. She shared that this is in fact as consistent practice there and that oftentimes activity takes place more than once during a school day.

She mentioned that since this was a valuable and successful practice that we could establish a list of many free websites other than the GoNoodle site for teachers to use moving forward.

Ms. Johnson suggested establishing a visual "wellness culture committee" to be able to have the educators represent visually what our future culture would/could look like moving forward.

Mr. Ross expressed that we need to establish a committee that focuses on After School sports.

One of our members suggested a booth available at a back to school night to be able to educate parents.

Members asked about the back to school events.

It was shared by an administrative member that in fact, every building in our district has a beginning of the year event.

Jennifer spoke about a subcommittee that specifically focuses on various parent and community events is a very necessary and important goal.

Member, Teresa Lucchetti is affiliated with Whitehall Recreation Committee and offered to help with community outreach. Jennifer thanked them for alerting us and how their expertise is key in the future.

Mr. Ross shared and added how we already have a usable trail available. Committee should add information in future promotions.

### 4. Physical Education: (246-Ar2)

Coordinator shared that policies that need to be readily addressed relate to necessary instruction health wise.

Nikki Feathers is motivated to begin with her staff to develop ideas for the future.

Samantha Kuharic shared various components of fitness with trainers that she uses and is well versed in.

Mr. Ross shared that the yoga and weight lifting programs in the past or that are currently going on now have really worked well and were very well received by our students.

Samantha K. shared that she wrote a grant for a rock wall and is also quite eager to work with Nikki F. moving forward.

### 5. School Based Wellness Activities: (246-AR-3)

Coordinator added that our fundraising policies in place for candy promotions, etc. need to be reviewed. A committee needs to explore other food based fundraisers and then communicate them to PTO.

Joyce Weber stated that exemptions for fundraisers are set up according to buildings and school day. Mr. Ross shared that it is in fact structured according to buildings as far as exemptions go.

#### 6. School Wellness Initiatives: (246-AR-5)

It was suggested that we encourage student participation in menu selections through taste tests, surveys, contests.

Joyce Weber shared that we had food shows in the past and this very much needs to be reinstated again for parents to be able taste food items and we can answer parent questions during the event. This was a very useful technique that worked extremely well in the past.

#### 7. Class Rewards, Parties: (246-AR-5)

A sub-committee needs to develop District wide guidelines. Committee should address healthy alternatives at school-sponsored events.

#### 8. Nutrition Guidelines for all Food and Beverages:

##### Healthy School Environment (246-AR-7)

This Policy pertains to our school nurses most likely and they can focus on this area as a sub committee.

##### Marketing Plans for School Wellness (246-AR-8)

Sub-committee would develop consistent Health/Wellness/Nutrition messaging

##### Vending Machines (426-AR-9)

Joyce Weber shared that she has researched and successfully presented Healthy vending machines to our administration recently, since this was an important parent concern brought forth at our last meeting.

She happily stated that this idea is on the table for our district as per her conversation with Dr. Lutz and Mr. Cherpak recently for our high school students needs moving forward, most likely this coming school year.

Joyce shared how these future machines can be set with timers so food items can be controllable with meal options provided.

- Closing Remarks:

Jennifer thanked every member in attendance and for collaborating all of their valuable ideas.

She announced our future goals and our next meeting date will be in AUGUST.

It is the hope that our next meeting will be “in person” and that we will be able to put today’s ideas/ future sub committees into future action.

Petrice shared that in August we may need to target School Based Wellness Activities and Initiatives in terms of parent and community involvement since it pertains to the beginning of the year as a starting point. Also since there are so many important areas, details involved there that we may need to break down the goals there ever more.

- Meeting adjourned at 5:15pm

