

Wellness Committee Meeting Minutes 5-2-22

- Agenda: See Attached
- Meeting held via Google Meet began @4:15pm
- Committee Coordinator, Jennifer Lashley introduced herself and then asked each committee member to introduce themselves and give a brief description of their connection to BWSD
- Attendance Report: See Attached
- Committee Coordinator then read the Mission Statement (see attached) from BWSD Policy #246
- Committee Coordinator then read an overview of the Wellness Committee responsibilities
- Committee Coordinator then began the Triennial Assessment discussion, reading through each and every line item as outlined in the report
 - Nutrition Education
 - It was discussed that Health Education for K-5 is an area that needs improvement
 - A suggestion was made to add a Health and Nutrition Class as part of the Encore Program
 - It was suggested that BWSD look at Health and Wellness more holistically and not just for Gym Class
 - There was discussion about coordinating the K-5 Color Week Program with the Food Service Department
 - BWSD needs to get back to the basics of Nutrition Education and factor in, food insecurities as well as students that are skipping meals
 - PE teachers utilizing 5 minutes of class time to promote & educate the importance of eating healthy
 - Breakfast in the classroom program opens conversation on the importance of healthy eating
 - Discussion on collaboration between teachers & food service for a learning laboratory utilizing Harvest of the Month and School Gardens
 - Nutrition Promotion
 - It was discussed that bringing back Harvest Of The Month Nutrition information on the menu would be a good idea
 - Promoting school meal understanding of what is considered a healthy lunch and or breakfast via website - Offer Versus Serve
 - Local School Gardens and Community Gardens were discussed, partnering with a local farmer was also suggested

- Physical Activity
 - The curriculum for each Grade Level was presented
 - BWSD offers an array of interscholastic athletics and clubs to meet the needs of our students
 - Reinstating a before school program was discussed “Morning Mile”
 - Teachers provide “movement breaks” during the school day
 - Outdoor facilities are available for the public to use during non-school hours
 - It was noted that PennDot’s classification of hazardous roads restricts encouragement of walking or biking to school
- Other School-Based Wellness Activities
 - Breakfast in the Classroom menu discussion regarding fruit options available for use in that specific service style - Would like to see an increase in fresh fruit varieties offered
- Nutrition Guidelines for All Foods and Beverages at School
 - Concession Stands were discussed and the possibility of healthier choices being offered
 - There was discussion regarding offering Healthy foods for students who stay after school for activities
 - After school vending machine program was discussed
 - Consistent enforcement of wellness policy with regards to classroom parties/celebrations and rewards
- Committee Coordinator completed the reading of the Assessment Report
- Committee Coordinator discussed that there would be an additional meeting scheduled prior to the end of the 2021-22 school year to brainstorm and prepare for the next school year
- Meeting was adjourned @5:45pm