

Wellness Committee Meeting Notes  
March 31, 2022

All Attendees listed were present

Results will be posted on the Website

Went through all the areas and changed or left the “Implemented in the school buildings” field.

Wellness Policy Assessment Tool and Report Template

Public Involvement

- Results will be posted on the Website
- Need to generate more diverse involvement with Wellness Committee
- One way to get students involved is reach out to student council and ask one of the students involved to join the Wellness Committee

Nutrition Education

- Verify with staff that instructional activities being done
- Define PDE’s sequential health standards – Leslie looking into this
- Mark will meet with his Chef to see what they can do to promote more education
- Mark looking at having Chef demonstrations for the students to learn
- Prior to COVID – Community Hope used to offer cooking classes on the ½ Wednesdays, set goal to reinstate cooking classes next school year
- Have Sharon incorporate education in the After-School Program

Nutrition Promotion

- Community of Hope at Hannah Penn does some of this
- Look into approval lists on PEARS or PDE of what food is acceptable in the classrooms for parties, rewards, etc. and communicate with teachers
- PBIS rewards – send a list of what is acceptable
- Promote healthy snack bundles and maybe send bundles home with students
- Send home mailings with the students including recipes
- Look into putting up nutrition posters in locations outside of the cafeteria

Physical Activity

- Check with the principals about not taking recess away as a punishment

Physical Education

- Rodger to review and get back to us if we are adhering to the standards

Other School-Based Wellness Activities

- Update the Website for the Food Service
  - o Put informational items on the website for parents, students, teachers, to be able to review
  - o Look into web-based program Nutrislice to provide nutritional content of meals

- Breakfast in the classroom can be counted as a math by having the students hand out and count
- Currently participating with community through Giant's Round up program
  - o Just received \$3,000 to put back into Food Service

#### Nutrition Guidelines for All Foods and Beverages at School

- Get the guidelines out for selling foods, fundraisers, etc.
- Guidelines for what is acceptable in the classrooms

#### Misc. Notes

- Will hold quarterly
- Looking to reopen water fountains to decrease outgoing costs