

**Lewisburg Area School District Wellness Committee Meeting
Monday November 5, 2018**

Mrs. Cathy Moser welcomed everyone and thanked them for giving their time and participation on this important committee. Those attending were:

Corey Jusko-PSA President for Kelly and Linntown, Avery Mast and Sydney Bolinsky-students from Middle School, also on Student Council, Dave Lagerman and Amanda Geer-physical education (PE) teachers from Middle School, Tammie Cristini-PE teacher from Kelly, Ashley Elser-Family Consumer Science teacher from Middle School, Claire Bertinet-Family Consumer Science for the High School, Dr. Erin Jablonski and John Rowe-LASD school board members, Kim Auman-Geisinger Community member, Stephanie Jackson-Certified School Nurse for Linntown and Middle School and Co-Chairman LASD Wellness Council, and Cathy Moser-Assistant Superintendent and Co-Chairman LASD Wellness Council.

Agenda-Business Items:

- **Introductions:** Mrs. Moser had each representative state their name and their role in the district for involvement on this committee.
- Mrs. Moser reviewed the Charges to the Wellness Committee for the 2018-2019.

Objectives:

1. She reviewed the 2017-2018 building reports regarding compliance items found in district policy. Discuss reports and examine patterns, trends, strengths, concerns. *These reports were from what each Principal identified in their building.*
2. Review policy #246 School Wellness in light of all revisions 2017-2018. *After working on this policy last year, there were additional changes done in July 2018.*
3. Review current building level and district practices and activities within the topic areas outlined in policy: nutrition education and promotion, physical activity and physical education, other school based activities. *We would like to hear from faculty, students, and community members on this item.*
4. Consider plausible suggestion for "One New" initiative in line with the Wellness Committee's scope of consideration: nutrition promotion, physical activity, and other school based practices. *We can get so many new things going and cannot keep up with all of them, this can be called initiative fatigue.*

Mrs. Moser reviewed the initiative from last year that Tammie Cristini initiated at Kelly. We talked about getting the students more physically active. The students sit in the hallways and read when they first arrive. Tammie organized by grade and cycle day for those students that wanted to go outside and play to have that opportunity and the supervision necessary. The students love it and are really sad if the weather interferes on their day to go outside. They have already initiated it again for this year. Thank you Tammie for taking the time and effort to organize this wellness initiative.

Activity 1: Review of Building Reports 2017-2018 (year 1 of triennial cycle).

We then broke up into four groups to address the Building Reports from each principal. The first group was John, Corey, and Erin for the Kelly building. They talked about Healthy Habits Week in place of Red Ribbon Week which centers around alcohol and drugs. They felt the following ideas were more age appropriate for their students. The students dressed up like

their favorite salad dressing for Toss it up Tuesday. They mentioned some dressings are not very healthy and maybe they could change that to something healthier. Kelly had a healthy/wellness topic for each day that week, such as Move it Monday to encourage 60 minutes of activity each day and Friendship Friday to discourage bullying and to be friendly with everyone. This is the second year for 2nd grade to do Water Safety over at the Milton Y. This has been very successful and the students really enjoy the program. It is a great time to learn about water safety and to also improve on their swimming skills. There is Hello Hospital for 1st grade, they go to Evan Hospital and see the ER and Radiology departments. This lets them see how things are handled before they are actually hurt and need the services. Since they are already familiar with these 2 departments it should help reduce their anxiety in the event they need to go there. There is Field Day with a variety of activities taking place. Spring into Wellness is a staff program with 36 activities listed to engage in. The Mobile Dentist comes to Kelly twice a year. It was suggested about a walking club in the gym especially for the winter months and bad weather days. There are several issues with this: the gym is split in ½ for cafeteria use so crowding would be a concern and if the hallways were used, they would need much more supervision which is limited. Good idea but just not feasible at this time.

The 2nd group was Tammie, Dave, and Amanda for the Linntown building. There is an activity called the Pillowcase Project. Students make their own pillowcase. Then they take it home and put it in their bedroom. In the event of a fire they can grab their pillowcase and put their keepsakes from their bedroom in it and get out of the house. Linntown students participated in the Walk/Bike to school event. There is a Healthy Snack Pack that goes home in the student's backpack once a month for students in need. There is a drop off extra food and milk table that students can put items they did not eat so another student could have that item. The middle school does the same thing.

The 3rd group was Ashley, Sydney, and Avery for the High School. There are lots of fundraising events at the HS and most of them center around food whether it be a candy sale or going out to eat at a restaurant and a portion of the proceeds goes to the fundraiser. The Sophomore Class has a "skinny course" which means it is a shorter course than a regular course as an incentive. The Music Department has a fruit sale which generates many funds for the department. The Play raised \$4,500.00 for their event. It was suggested to try and find some other incentives instead of always being food related.

The 4th group was Stephanie, Kim, and Claire for the Middle School. Claire had mentioned she teaches a Child Development class and the students are knowledgeable about Sexually Transmitted Diseases but not necessarily on birth control methods. Amanda noted she does mention birth control to the 8th grade students but does not go into detail. Tammie talked about when she taught health at the middle school she did give a lot of information on both of these topics. They removed the full health curriculum at the MS and have incorporated it with physical education class and time is limited to cover the health topics. We talked about some different reward incentives such as free homework pass and an extra recess since most of MS rewards center around food. Claire mentioned they have what's called a Stall Day at the HS. If a club is trying to raise money, the students bring coins in and class doesn't start until the teacher is done counting the coins.

Activity 2: Table Discussion of "current news".

Ashley reported her club for the 2nd marking period is knitting and baking. When they are baking cookies she talks about only having a couple of cookies not a whole plate full. She also talks about meal planning for the week and how to make minor changes to increase healthiness!

Amanda talked about how she has broadened the curriculum agenda to include more items and create more flexibility. She reported Evan came in last week for their unit on tobacco and covered vaping smoking as well.

Dave reported the middle school had an assembly on Opioid Abuse and was very well received by the students. One of the reasons it may have had more of an impact on the students was because local people from Lewisburg and surrounding areas were talking on the video and in person which had more of a personal touch to the program. Dave mentioned the Fall clubs involved more outdoor activities to help get the students moving. They are going well.

Tammie reported all is going well at Kelly. She is trying to fit Germ City into the calendar.

Corey reported PSA is busy getting the Dragon Dash ready for Kelly and Linntown for February. There will be a Spring running club again this year.

Sydney mentioned Student Council is getting some picnic tables with umbrellas for students or staff to use outside at the back of the building.

Mr. Rowe mentioned there was some scheduling concerns with some of the parents for the gifted students in choosing their physical education classes. Mrs. Moser said she was aware.

Claire noted she is trying to emphasis moderation in consumption to be healthier. She mentioned the High School has started a new physical education option. There is still the Traditional version or Life Time Physical where you design your own fitness program to include your goals which could mean to lose weight, more muscle tone, or whatever area you think needs improved.

Kim talked about Geisinger's Dental Project which they received a grant to promote this wellness initiative. The dental packet include toothbrush, toothpaste, dental floss, and other items. They also have a Hygiene Project which includes deodorant, shampoo, soap, and other hygiene items. They have a program on reading food labels and includes other nutritional information. She talked about using Turning Point Technology which has a clicker system and a game to play. We should look into the dental and hygiene programs for many of our students could benefit from both of these programs.

Our next meeting will be sometime in late January or February 2019, the date TBD. We will continue with Activity 3-Review of policy #246 School Wellness and Activity 4-Brainstorming the Possibilities.

Respectfully submitted,
Stephanie Jackson, Co-Chairman LASD Wellness Council

