

Lewisburg Area School District Wellness Council Meeting
Tuesday March 6, 2018

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

Ann Dzwonchyk-representing Evangelical Hospital, Corey Jusko-PSA President Elect for Kelly and Linntown, Liz Mahoney-PSA President for Middle School and parent, Ryan Shabahang and Grace Bruckhart-students from Middle School, Dave Lagerman-physical education (PE) teacher from Middle School, Tammie Cristini-PE teacher from Kelly, Ashley Elser-Family Consumer Science teacher from Middle School, Claire Bertinet-Family Consumer Science teacher at the high school, 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:

- Review the previous meeting and Board Charge given to Committee
- Focus for Today: The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for implementing and periodically reviewing and recommending updates to the Student wellness Policy. The Policy Committee will consider recommending revisions to the Board for adoption.

Materials: LASD Policy #246 School Wellness [pages 4-12]
PSBA 246 [pages 4-12 **self-numbered**]-Model Policy

Items for Discussion/Review

1. News across the District-programs, activities, ideas from representatives;
 - Nutrition promotion
 - Physical activity
 - Physical education
 - Other school based activities
2. Review of select pages of policy and PSBA template comparison
3. Forms for building level reporting and for District compliance

Mrs. Moser had each representative state their thoughts and ideas:

Grace-mentioned how much she enjoys the Dance Unit in PE, they were allowed to pick their own groups to make a dance.

Ryan-liked the physical/exercise unit in PE, they were told how to do the exercises to be the most beneficial and learned the muscle groups. He also mentioned in the 7th grade they learned to read the nutrition labels and about healthy eating.

Liz-mentioned FUN Day/Carnival Day will be coming up in May, this event will also get community members involved. There have been monthly dances, recently the Mardi Gras dance was at the high school.

Ann-stated Evan has a 10-week nutrition program this summer. Our LASD SACC program has Evan come in for many programs, they are scheduled in June & July also. They can possibly help at FUN Day at MS.

Ashley and Claire went to a regional Family Consumer Science conference where everyone selected a drink and then found out how much sugar was in the drink. Mt. Dew has 16 ½ teaspoons of sugar. There is a pineapple drink that has 20 teaspoons.

Dave Lagerman-did a trial with some people who wanted to lose wait, they eliminated soda for 1 week and lost 5 lbs. Amanda & he met the other day to discuss their PE classes. They are going to get Evan more involved for some of their topics. They are going to meet over the summer to change curriculum to introduce some new ideas. They will also be getting some new equipment for next year. He mentioned the Miller Center is giving nice discounts for family membership, staff, and students.

Tammie Cristini -Dragon Dash was a big success with almost \$30,000.00 donated. Brian Campbell (other PE teacher at Kelly) and she made a whole unit with the training process for the Dash. The Bucknell tennis team came to teach the 2nd graders about tennis and are providing new tennis equipment. Jump Rope for American Heart Association was just held for 2nd and 3rd grades. Tammie and Brian teach lessons on how to take care of their heart. 2nd grade are taking part in a new program for water safety and beginning swimming instruction at the Milton Y. Lane Taylor, retired after 41 years of teaching, took a 2nd grade boy under her care to work with him in the water and after many visits he is finally getting over his fear of the water.

Cory-reported the Running Club has 2 new coordinators, they are kindergarten parents. In early April on Sunday afternoons the club will resume. They are adding a biking component, which may result with a bike safety program from Evan. PSA promotes the walk/bike to school event and they also have walk/bike on the track on Sundays and you get a t-shirt for participating.

Claire Bertinet-is a new member to our committee. She recently attended a professional development conference and did a activity centered on how much fat is in certain foods. She took food items normally eaten during the Super Bowl and analyzed them with her students. She does a healthy living and nutrition unit. She coordinated and worked at the concession stand for the Mini Thon on January 13th for 8 hours. She said the healthy foods such as carrots, celery, and orange slices ran out before the other snack foods. She also works with our SACC programs and has brought the children over to the high school to bake and cook especially in the summer when she has more time to be with them.

Stephanie-I did not mention this at the meeting but the middle school has implemented a Heart Club for the last marking period with Alysha Schlieder as the advisor. There were 20 students who signed up. They will receive information regarding nutrition and physical activity to promote good heart health and they will also be helping to promote our Hoops for Heart Event through the American Heart Association. This event is scheduled for Friday May 4th during the lunch activity periods. We are going to see if some of the parents through our PSA would want to volunteer to help with this event.

Review of LASD Wellness Policy #246. Review of select pages of policy and PSBA template comparison. She mentioned we do not have to have everything in the LASD Policy that is in the PSBA Policy. She had us note under the heading of Advisory Health Council they did not adopt any of those items. It was thought our Committee could participate in that part. All of the following items are noted in the PSBA model policy.

Tammie mentioned under the Nutrition Education section she liked the item *Nutrition education shall be integrated into other subjects **such as math, science, language arts, and social sciences** to complement but not replace academic standards based on nutrition education.* We will take this recommendation to the Policy Committee for review.

Ryan suggested under Nutrition Education *shall extend beyond the school environment by engaging and involving families and the community.* **It was mentioned Mr. Drozin sends out a MS newsletter with information for the parents and Mr. Oswald includes nutritional information on the menu each month.** We will take this suggestion back to the Policy Committee.

We talked about Nutrition Promotion and how some of the items are done in some buildings but not all the buildings. If we have a policy it has to cover all buildings.

The next subject we talked about was *Physical Activity*. Tammie mentioned at Kelly they give brain breaks all the time. Dave and Amanda at the middle school had a presentation for the staff on this topic and the teachers at the MS do brain breaks but our students reported not all teachers utilize them.. Kelly has increased their recess from 25 to 30 minutes. It is noted in this section that physical activity shall not be used or **withheld** as a form of punishment or discipline. Our APL training takes a different stand on this, as recess is “valued time” to most students.

The next subject discussed was Physical Education. We talked about the item *where a local assessment system shall be implemented* and we were not sure how this could be done. We also talked about the next item in this section *students shall be moderately to vigorously active ...* and we thought this may impede on the PE teachers and their teaching lessons so we didn't want to pursue this item. The last item in this section regarded the *teacher-student ratio* comparable to those of other courses **for safe and effective instruction**. We thought this might be something to look at for the high school since we are not sure how many students were in the PE classes at one time. The MS has about 24-30 per teacher.

The last section is *Other School Based Activities* and one of the items was *students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys*. We thought this was something we might explore for the parents. Another item in this section was *providing appropriate training to all the staff on the components of the School Wellness Policy*. Ryan suggested *the district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods*. Not sure how this will be addressed but will discuss these items with Policy Committee.

The next topic Mrs. Moser went over was the School Board Charge to the Wellness Committee and item # 3. on the agenda . They include the following:

- Develop a form for each building principal to complete annually that reports on the building level compliance items listed in the policy. She handed out a form titled: Building Level Compliance Checklist for the principals to fill out.
- Conduct a triennial (once every three year) assessment on the District's compliance with the Wellness policy. There will be an audit

this year. Mrs. Moser is going to ask if this could be postponed one year since this is our 1st year with working with the new policies. She also handed out a form titled: Wellness Committee Compliance Checklist that we would use when we do the assessment

- Assess the extent to which this policy compares to model wellness policies. (PSBA offers a PDE approved model policy) *We just finished doing this today.*
- Review & consider evidence-based strategies and techniques to establish goals for the school year for non-curricular nutrition and promotion, physical activity, and promote student wellness. *We did this by going around the room and everyone telling us what they were doing in their education field for this.*

Wrap-up: Mrs. Moser thanked everyone for taking the time to come to this meeting. She thanked them for their suggestions and input they gave at the meeting.

Mrs. Moser stated our next meeting will be sometime in May, the date TBD.

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

