

Lewisburg Area School District Wellness Council Meeting
Wednesday May 16, 2018

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

Corey Jusko-PSA President Elect for Kelly and Linntown, Liz Mahoney-PSA President for Middle School and parent, Nick Mahoney and Grace Bruckhart-students from Middle School, 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, Dr. Erin Jablonski and John Rowe-LASD school board members, 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:

- Round Table Share: Mrs. Moser had each representative state their thoughts and ideas:

Grace-mentioned she has been planning for FUN day, Student Council is working on an ActiviTHON to raise money for Student Council. Each grade will go outside to participate in some games. All student and staff are eligible to donate towards this fund for student council activities.

Nick Mahoney said there are a lot of projects to finish up before the end of the school year. He is looking forward to the previewing days the last week of school.

Liz-mentioned FUN Day/Carnival Day will be coming up in May, this event will also get community members involved. Ann Dzwonchyk one of our Wellness Council members from Evan's Community Education Department will be having a booth focused on Sunscreen Safety and has a machine student's can put their face in and it will give a reading on their skin condition. There have been dances, recently the last dance was the Friday before Mother's Day weekend and it was well attended and everyone had a good time. Having added volleyball and/or dodge ball has increased the attendance at the dances.

Ashley reported she has 7th graders finishing their sewing projects. Then they were looking at recipes and picked a recipe for pancakes. They made them and were impressed with reading the recipe, measuring the ingredients, cooking them and how good they tasted.

Dave Lagerman-mentioned Amanda and him are going to a conference in August over at the Mid-West School District centered around fitness equipment and programs to initiate. They are looking forward to introducing some new activities for their Physical Education Classes next year. Currently they have initiated a new routine when first coming into the gym. All students walk around the perimeter of the gym until a whistle is blown, then they jog for two minutes. They keep trying to improve their time and Dave has noticed a significant decrease for their time for the mile run. This year a new record was achieved for the mile run.

Amanda Geer-reported they are finishing the units on field hockey, flag football, and Lacrosse. She is teaching the skeletal system with the 7th graders. In 8th grade they get the muscular system so they will know how each of the systems work and how they work together.

Tammie Cristini –Jump Rope for American Heart Association was just held for 2nd and 3rd grades and was a big success with over \$10,000.00 donated. May is National Nutrition Month and she is trying to teach some nutrition information during each gym class. She is using a large ball called Omnikin during her gym classes. The students really seem to enjoy it. Field Day will be coming up and she is getting ready for that. The AM recess has been a big hit. The students are actually arriving early to school so they don't miss that extra time outside playing. Tammie also talked about a staff wellness program she started last year and offered again this year called *Spring into Wellness*. There are 36 activities listed that you get credit for doing in the course of the month long event. You must do at least 25 of the activities to be eligible for the contest prize. It has become very popular and competitive among the staff. She is going to share the information with Stephanie for the MS to implement next year. Stephanie will also share this information with the high school nurse.

Cory-reported the Running Club has a new volunteer for next year and awards have been ordered for this year. In early April on Sunday afternoons the club resumed, they run rain or shine but not when lightening. PSA promotes the Running Club and you get a t-shirt for participating. They have over a 100 participates this year, includes both parents and children.

Dr. Erin Jablonski-LASD School Board Member mentioned her children attend Kelly Elementary School and just love the AM recess time. The teachers have been trying to take the students out for 15 minutes breaks when weather permits.

John Rowe-LASD School Board Member mentioned he is very much interested in the physical activities the students get to participate in school and out of school. He has a program called Energy Gymnastics and is co-owner of CrossFit here in Lewisburg. He offered to help with anything our committee might need.

Stephanie-mentioned the middle school has implemented a Heart Club for the last marking period with Alysha Schlieder as the advisor. She received a lot of information regarding nutrition and physical activity to promote good heart health from Amanda Martin, the American Heart Association coordinator for this region. The students helped to promote our Hoops for Heart Event held Friday May 4th during the lunch activity periods. They hung up posters around the school and made some morning announcements on the DTV. The middle school is having a trial period with allowing middle school students carry water bottles. If no major problems develop this should become allowed on a regular basis.

- LASD Wellness Policy #246 as revised. The information in the green ink is the new revised version. Mrs. Moser thanked everyone for their input to revise the policy. This policy is required to be given out each year to the faculty so they will be reminded of the information within the policy yearly.
- The next topic Mrs. Moser went over was: Summary Description of District progress in attaining goals in our policy.
 1. A form has been developed 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 for everyone to view.

2. Conduct a triennial (once every three year) assessment on the District's compliance with the Wellness policy. Mrs. Moser is going to ask if the audit could be postponed one year since this is our 1st year with working with the new policies. She handed out a form titled: Wellness Committee Compliance Checklist that she will use to do the assessment of our committee. The principals will finish their form by the end of June 2018 and their information will be gathered for our committee.
 3. Assess the extent to which this policy compares to model wellness policies. (PSBA offers a PDE approved model policy). We will have the summary report to start next year at our first meeting.
 4. Review & consider non-curriculum nutrition education and promotion. Mrs. Moser will talk with Mr. Oswald, our Food Service Manager for his input on this topic. We discussed some ideas for increasing physical activity to promote student wellness. Some ideas expressed were possibly extending the Running Club to the Fall months since we generally have nice weather at that time, having a Walk & Bike on the Rails to Trails, "Learn to" boot camp, and promoting tennis with our students. We will look at these items next year at our first meeting.
- 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 this meeting and the past meetings.

Mrs. Moser stated our next meeting will be sometime in the fall of the next school year, the date TBD.

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

