Abington Heights School District

Wellness Committee Meeting Minutes

The Wellness Committee met on October 24, 2020 at 7:00 PM via Google Meet

Present at the meeting:

Sue O’Day – AH Administrator – Wellness Committee Chairman

Cleve Elmy – AH Physical Education Teacher

Tina Santaniello – AH School Nurse

Marissa Janesko – AH Food Service Manager

Amy Scandale – AH Parent

Emily Karam – AH School Board Member

Absent:

Ava Scandale – AH Student

Gretchen Mackie – AH Community Member and Manager of a local care givers organization

Prior to the virtual meeting all members received an Agenda, a copy of the current Wellness Policy, Wellness Policy Check List and Assessment Tool and Report Template

Ava and Gretchen were unable to attend but did submit their questions and concerns prior to the meeting that were discussed by the Committee (Gretchen’s concerns/questions listed after minutes, Ava’s concerns were accessing more fresh foods over frozen, more outside activity and the use of the locker rooms after PE)

Items of discussion included Nutrition Education and Promotion, Physical Activities and an overview of the Wellness Policy

Education and Promotion is handled in curriculum with units at the Elementary levels and Health Classes in the Middle and High Schools. Subjects covered at the secondary level include overall health and body fat, caffeine consumption, food science and nutrition and setting fitness goals plus much more

Nutrition information and fun facts will be posted on the new monitors purchased for each cafeteria that also lists the day’s menu and nutritional data on what is being offered

Marissa, FSD, is going to look at different options to get the students through the lunch lines quicker so that they will have more than 20 minutes to eat their meal, such as more convenient Grab ‘N Go meals

Emily, mentioned contacting local farms and nonprofit organizations to see if they would like to partner with the district in bringing in local foods and/or nutrition education.

The current policy was reviewed and changes and additions were made to reflect the updated material provide by PSBA.

The agenda, minutes and Policy will be posted on the school district’s website under BoardDocs.

The updated Wellness Policy will be submitted for a first reading to the AH School board at their next meeting on November 1, 2023.

Gretchen Mackie, October 24, 2023

As a committee are responsible for this nutrition activity and physical activities are occurring? If so thorough Principal and Superintendent and do, we do this check list with them? Review is every 3 years but who monitors all is occurring yearly?

Wellness Policy Assessment Tool and Report Template

Background:

How does Abington make the results available to the public? Website? Other?

How does Abington compare to other schools’ programs? Do we have access?

Template

Nutrition Education

How do we engage and involve families and community in nutrition education efforts?

Nutrition Promotion

How do we use techniques messages in school and encourage participation?

Physical Activity

Do AHHS have time for 60 minutes of activity daily if not in sports if so, how?

Who in the community does the school partner within the community for activities (page 3)

Do we encourage walking and biking for kids -with safety concerns and more busing?

School Based Wellness Activities

How long is breakfast? Is 10 minutes the norm seems short, lunch 20 minutes.

How and how often do we communicate with parents for a healthy diet and activity?

Question on activities and fundraisers: Who approves food items for sale-etc.

School Wellness

Where/how is the assessment made accessible to the public -Website?

Who monitors food and beverage marketing/