

Wellness Committee Agenda/Minutes

01/23/23

Minutes:

Members Present:

Goal 1: PDE Wellness Policy Assessment Tool

- Complete Form for PDE
- Update Link/Form on District Site

Goal 2: Nutritional Standards

- Adhering to nutritional standard set forth in the Healthy Hunger Free Kids Act
- Product sourcing to address the new sodium standards starting in the 2023-2024 School Year
- Dinosaurs Love Tacos (Nutritional Education) at both elementary schools
- Professional development for cafeteria workers in summer time to discuss food preparation policies and sanitary practices
- Open House in Fall involving cafeteria workers (Parental Advisory Committee meeting)
- Farm to Fork (September through November)
- Poster upgrades in cafeterias

Goal 3: Physical Education/Health Programs K-12

- Indoor and Outdoor Recess (Elementary)
- Workout Wednesdays (Secondary)
- WIN - What I Need - Walking/Running/Fitness Clubs (Middle School)
- All Kids Bike Program Funded by Community Donations and Armstrong Hospital (South Buffalo K-1)
- Grant Funding for Heart Rate Monitors for PE Class (Secondary)
- Bi-Annual Kids Heart Challenge Fundraiser (South Buffalo)
- The Brand X Method - Adapted Crossfit Curriculum (Middle School)

- PE Classes are 50%/50% Fitness/Games (Middle School)
- Use of the FitnessGram PACER Test (Grades 5-12)
- Professional Development for PE Teachers at IUP
- CPR Certified

Goal 4: Social Emotional Learning

- Multi-Tiered System of Supports, MTSS (Tiers 1-3)
- FACT/SAP Teams at Every Building
- Licensed Professional Counselors at Every Building
- Behavioral Specialist for the District
- Training and Implementation of Dr. Bruce Perry's Neurosequential Model of Education
- School Counselors in Each Building that Conduct Individual, Group, and Classroom Sessions/Lessons
- Responsive Classroom (Elementary) Advisory Groups (Secondary)
- Positive Behavioral Interventions and Support (Elementary)
- Monthly Social-Emotional Learning, SEL, Themes (Secondary)
- Brain Breaks; Energizers (Elementary) Workout Wednesdays (Secondary)