

May 27, 2022
Wellness Committee Meeting Minutes
1:30 PM

The following members were present: Carmela Shiptoski, RN, Jessica Hurst, Ryan Miner, Deanna Yonki, Joseph Long, Matthew Meade, Karen Muldoon, RN, Terri Dumond

The following members were absent: Roy Phillips, Matthew Mills, Dan Yarnell, Barry Shoemaker, Wendy Thomas, Karsyn Miner

1. **Review of Current Wellness Policy**
 - Discussion of Fundraiser Exemptions - School Store, page 7
 - No changes to be made to the current policy

2. **Fundraising**
 - Discussion of fundraising options - attempting to change focus from food to bracelets, clothing, etc.
 - The school store has some leeway

3. **Energy Drinks:**
 - Faculty and staff notice a wave of students with energy drinks. Employees also bring energy drinks to school.
 - Information regarding energy drinks to be added to website and newsletters.
 - Start of School education regarding amounts of sugar and caffeine contained in energy drinks - grades 3-8 (Mr. Meade, Mr. Phillips, Mrs. Dumond)

4. **Recess Discussion:**
 - An entire recess should not be withheld from a student as a form of discipline or a time to make up school work
 - A few minutes would be more appropriate.
 - An alternative to taking away recess, would be to have the student walk during recess, but not with friends. Mr. Meade liked the idea, but noted that the execution of it may be difficult.

5. **Water in school:**
 - Carmela Shiptoski noted that students stop in nurse's office for water
 - Reusable water bottles
 - Allowed to use drink containers other than clear water bottles? Discussion that most students would use the containers appropriately.
 - Locks on water fountains - Depending on the severity of Covid in the fall
 - Ask Barry to look into the color and taste of the water in school.

6. **Hygiene Class** - 4th grade

- Class conducted by nurse
- Class went well and would like to continue

7. **YIP** - (Identifying student interests) Mental Health, Nutrition, Sleep Habits

- Grant Request - Carmela Shiptoski

8. **LIFEVAC**

- \$1,500 grant approved
- Geisinger will go in classrooms in fall
- Dietician
- 3 school kits - one per building - inservice all
- Hoping to get discount

9. **Social Emotional Health**

- Mr. Long and Mr. Miner reminded everyone to document anything discussed regarding social and emotional health. Social and emotional health are a part of the Comprehensive Plan.
- Mr. Miner noted that if a teacher sees a program, speaker, or presentation in which we may be able to incorporate, to let administrators know. Money may be available for funding.

10. **Student Input** - Northwest Area Junior, Karsyn Miner, was not able to attend this meeting, however, was asked the following question: As a student in the HS, do you feel there is anything we can focus on to improve overall student wellness? Physical health, mental health, etc. Karsyn responded, "For physical health, no. For mental health, keeping an eye on students that have been down, talking to teachers to find kids who may be down, and offering more ways to get help that don't require a ton of contact with a person or that is more anonymous. So kids aren't embarrassed or scared to say something."

Date of next meeting - To be announced

Adjournment: 2:30PM