

**MINUTES OF VIRTUAL WELLNESS COMMITTEE MEETING  
WEDNESDAY, MARCH 3, 2021  
11:00 A.M. to 11:45 P.M.  
VIA ZOOM**

**ATTENDANCE**

Amy Creighan, Eric Kasperowicz, Sandra Kozera, Margaret Labritz, Allison Mathis, Amy Patsilevas, Deanna Philpott, Lindsay Radzvin, Catherine Reagan, Dee Spade, Michelle Spingola, Allison Tobik, Jackie Wichelmann

Minutes are taken by Margaret Labritz

**WELLNESS POLICY ASSESSMENT**

We are required to complete and update the Wellness Policy by completing the Pennsylvania Department of Education Wellness Policy Assessment.

By completing this assessment, we can determine if we want to make changes to the current Wellness Policy. We can also determine what we need to do moving forward. We could have an action plan for the next school year and we may meet in September to discuss the action plan. There was a voluntary survey sent out to NHSD staff and also to community members.

After the survey was completed, there were various topics marked as “unknown”. Therefore, we may need to have more communication regarding these topics.

Here are the topics and a brief summary of the survey results.

**Nutrition Education** – most items are fully in place, however, there is room for growth in a few areas including integrating nutrition education into a variety of various subjects as well as having school food service and nutrition education classes working together with younger grade levels.

**Physical Activity** – One area of improvement would be to encourage use of school facilities such as playgrounds and ballfields outside of school hours in accordance with school rules.

**Physical Education** – All items are fully in place other than using a local assessment system to track student progress. This is due to a change in curriculum.

**Nutritional Guidelines for All Foods and Beverages at School** – Most items in this category are fully in place, however, there is room for improvement regarding healthy food and beverage options at dances and sporting events.

The next Wellness Committee meeting is scheduled for Wednesday, March 17 at 11:00 a.m. We will look at the completed assessment and see if we want to make any changes to our policy. If so, the changes to the policy will be presented to the Board.

The meeting was adjourned at approximately 11:45 a.m.