

**Hempfield School District
Wellness Council Meeting
*Agenda***

Date: November 21, 2011
Time: 3:30 PM to 4:30 PM
Location: Administration Building Board Conference Room

Mission

The mission of the Hempfield School District community is to provide ***rigorous, relevant, responsive, and safe*** educational opportunities for students to become ***lifelong learners*** and ***contributing citizens*** in a ***diverse, global society***.

DISCUSSION

1. Council Purpose

The Hempfield School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about, and participate in, positive dietary and lifestyle practices that can improve student achievement.

Purpose of the Council was discussed to determine if the description continues to describe the direction and mission of the body.

2. Council Membership:

The Board shall appoint a Wellness Council comprised of at least one (1) of each of the following:

- School Board member (will be determined after reorganization in December 2011)
- Classified staff (Susan Horan)
- District administrator (Ruth Crawford, Chris Jahnke –will add two additional)
- Dietician (Council members will reach out to Nancy Wiker who previously served)
- Student (Ruth will contact Will Stout to solicit decision making to add an 11 & 12 grader)
- Health professional (Dr. Zimmerman & Lori Good)
- Parent/Guardian (Lori Good/Alice Yoder) Will reach out to Judy Hutton
- Representative of local or county agency (Lori Good) –Will reach out to N Wiker also
- Teacher (Sandy Craig, Sara Miller, and several others meet this need)
- Representative of community organization (Alice Yoder)
- School nurse (Karma Witmer)
- Food vendor (Brian will reach out to Kegel's, Scheid Produce, and/or Turkey Hill)

- School counselor/psychologist (Erin Birk)
- Other individuals chosen by the Board (considered adding retirement home personnel, community planning staff, power pack staff)
- Coach (Mark Ashley)

Find out is the wellness coordinator supposed to chair the council?

3. Council Responsibilities

The Wellness Council shall serve as an advisory council regarding student health issues and shall be responsible for monitoring the Student Wellness Policy.

The Wellness Council examines related research and laws, assesses student needs and health issues relevant to the school environment, reviews policies and administrative regulations, and raises awareness about student health issues. The Wellness Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness as they arise.

The Wellness Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget for the purpose of improving student health, wellness, and educational programs.

The Wellness Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

These responsibilities were reviewed to determine whether the current course of action is serving the district in the capacity to which it was intended.

4. Mission Statement: Should we have a mission or vision statement for this council?

It was determined that the current vision statement will continue to serve the needs to guide Council course of action. Vision statement: To provide an optimal environment that creates a foundation to a life-long commitment to a healthy lifestyle.

5. Current Membership-Based on who is needed to be on the council, who do we need to invite?

Perhaps adding someone from Community Planning –Engineer? Who can speak to development of safe spaces for walking, for trails, for healthy outdoor activity around our schools. Someone who knows or has the ability to work with Penn Dot regarding safe road/sidewalk space.

Consider multi-generational health and solicit retirement home involvement?

Power Pack representatives-United Way,

Students need to be added to provide youth voice

6. Plan for the year-

Tasks to Consider:

Handbook: Is the student handbook consistent with policy, if no, let's support uniformity of guidelines and fidelity to the policy/guidelines.

Report out from food service on what positive steps have been/are being taken regarding healthy food options in our schools.

Report out from HR on what we doing with regarding staff wellness-

Explore what would be involved to investigate insurance premium reductions-for participation in wellness activities,

Provide Café Wellness updates,

Report out of best practices of health and wellness in the classrooms-could this go on the web?

Explore a potential award from the council for best wellness practices?

Consider a replay of the Resident Chef-Chef in residence with the kids-tie to healthy eating,

Wellness focused activities on nights of back to school?

Support of a parent series regarding wellness: Turn the TV/Screen off; Lancaster on the Move; Eat together; Log Off, Play outside, Healthy menu planning,

Read Only & Handouts

Who has responded:

| | |
|--------------------------------------|---|
| Vicki Bomgardner Nagle- | Unable to continue |
| Chris Jahnke (Principal) | Will Serve |
| Heather A Hagopian (HW Teacher) | Unable to Serve |
| Lindsey Snader (HW Teacher) | Unable to Serve |
| Alice Yoder (Community Agency) | Will Serve |
| Claudia Burchstead (Comm Rep) | Will Serve (unable to make first meeting) |
| Linda Miller (HW Teacher) | Will Serve (will be late due to building commitments) |
| Susan Horan (Nurse) | Will Serve |
| Brian Rathegab (Food Service) | Will Serve as possible |
| Ruth Crawford-Fisher (Administrator) | Will Serve |
| Dr. Barb Zimmerman (Health Prof) | Will Serve |
| Lori Good (Health Prof) | Will Serve (Secretary) |
| Erin Birk (Psychologist) | Will Serve |
| Sandy Craig | Will Serve |
| Karma Witmer | Will Serve |

Notes

Ruth will contact all remaining original members to clarify continued service on the Council

Present: Brian Rathegab, Susan Horan, Ruth Crawford, Lori Good, Sara Miller, Erin Birk, Barb Zimmerman, Alice Yoder, Sandy Craig, Karma Witmer