

“The mission of the Northern Lehigh School District is to create a challenging and supportive environment dedicated to meeting the diverse educational needs of all learners.”

MINUTES

“Wellness Advisory Council Meeting”

January 17, 2008

3:00 – 4:30 P.M.

Board Room

Nicholas Sham		Judy Lagroterra		Melissa DeSocio	
Laurie Newman-Mankos		Richard ‘Chip’ Klocek	X	Patty Jones	
Diane Ruff		Heather Goodin		Michelle Raber	
Lynne Fedorcha	X	Sharon Schnyder		Tanya Simms	
Karen Nicholas	X	Carolyn Seyler		Shawn Green	

Mission of the Wellness Advisory Council

NLSD is a committed and nurturing community taking responsibility everyday for positively impacting the physical, social, and academic well being of every child and challenging them to become extraordinary individuals empowered to change the world.

A. Wellness Policy Updates

- Copies of the revised and Board-approved Student Wellness Policy distributed
- Copies of district administrative regulations for discussion. There were several samples presented and we will review these for our next meeting.

B. Actions

- Lists of non-food classroom rewards were examined and two were selected.
- We will combine selected portions of two lists. Once our list is compiled, principal advise will be sought as to the most effective way to distribute this to the staff. The list will be posted on the Wellness link under District Information on our web site. According to our Student Wellness Policy (#246), “***Classroom snacks should reinforce the importance of healthy choices. Classroom celebrations, especially in elementary schools, should encourage healthy choices, and portion control. Parents/Guardians and families should receive guidance from the school on foods that are appropriate for such celebrations.***” With the addition of this **NON-FOOD CLASSROOM REWARDS LIST** to the already existing **SUGGESTIONS FOR HEALTHY SNACKS for HOME or CLASSROOM PARTIES**, we believe that we are providing staff and parents with supportive information for maintaining compliance with policy. We are hopeful that principals will reinforce these policy items in the buildings.

C. OTHER

1. Chip shared some “Best Practices in Wellness.” Following are a few practices that some districts are currently implementing as a part of their commitment to Student Wellness.
 - Daily nutritional announcements linking something on the cafeteria menu with nutritional quality
 - Develop a partnership with local vendors (*Karen Nicholas will be establishing such partnerships through a Healthy Farms-Healthy Students kindergarten project*)
 - Mr. Wellness Contest

2. Our own brainstorming...
 - “Healthy Bytes” – 180 clear and concise nutritional messages to be shared across the district with all students 1 minute of each day of the school year, either through TV or announcements.
 - Follow the lead of Peter’s Elementary ... “Take 10” activities (Support brain learning research)
 - Participate in PANA’s monthly health and safety activities
 - Get report of BMI tally for each building and determine the percentage of students who are at risk of obesity. This provides data for developing a health and physical fitness action plan that could be extended into the community.

D. Long-Range Planning 2008-2009

- Examine guidelines
- Wellness Day

E. Next Meeting:

MARCH 13, 2008 (3:00 - 4:30) in the Board Room

Please feel free to email comments about these minutes or to share practices or suggestions with us if you are unable to attend the meetings. We realize that not everyone can attend, but we value your input!

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