

“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”

March 13, 2008

3:00 – 4:30 P.M.

Board Room

Nicholas Sham		Judy Lagroterria		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	X

#### 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. PANA Active Zone Training

- Lynne reviewed a few of PANA’s many programs, including ***nrg Balance, 12345! Continuum, Summer Passport Program*** (PERK), ***Keystone Healthy Zone*** (KHZ). If you were unable to attend the meeting, you can visit PANA’s website to find out more about these programs. There is a link on NLSD’s web page under Resources/Information ([www.panaonline.org](http://www.panaonline.org)). Click on Wellness Advisory Council. There are links to other interesting sites as well.
- PANA’s Summer Passport Program is a community initiative and would be a great way to involve our students in physical activity designed to introduce them to recreational areas within the community. WAC would need to solicit the involvement of community organizations and the newly formed group would be required to plan and prepare the Passport Program for implementation in the summer of 2009. With only 3 members present, we did not pursue any further discussion about this.
- Chip shared that Allentown School District is working with the local Bureau of Health to initiate some of these wellness initiatives.

#### B. Develop a Plan to Pursue Goals 2008-2009

- “Healthy Bytes” : Present a brief health/wellness message to students each day in each building.
  - Members are asked for input. Brief healthy messages can be emailed to Lynne ([lfedorcha@nlsd.org](mailto:lfedorcha@nlsd.org)) for use during the 2008-09 school year Faculty and students will also be invited to share messages. (Lynne will work out the details this.) Our goal is to have 180 messages that can be distributed to each building and aired on TV in Slatington and Middle School and shared through AM announcements at Peters and the High School.

- Mr. Wellness Contest...we discussed sharing this concept with MS and HS Student Councils but would want to have input from the secondary Health and Wellness teachers.
- Take 10 Activities: Shawn and Karen indicated that Peters is already successfully using Take 10 with their students. TAKE 10!<sup>®</sup> is a classroom-based physical activity program for kindergarten to fifth grade students. It can be found at <http://www.take10.net>.
- Take-Home Newsletter... At this point, Mrs. Jones has been working with her health class on developing a template for this. There are commercial newsletters available, but WAC does not have a budget and is limited as to the types of prevention programs and resources we can offer.
- Staff Newsletter: Chip mentioned that ASD contracts with their health provider to send a health-related newsletter to all district employees.
- Pursue partnerships with other organizations such as PTO and get some student representatives on the WAC.

### C. BMI Information from all Buildings

Lynne shared initial BMI data for each of the buildings.

Building	# Students Screened	# Students at or above 95 <sup>th</sup> percentile	% of students screened at or above 95 <sup>th</sup> percentile
Peters	441	80	18%
Slatington	587	151	25%
Middle School	342	77	23%
High School	Not yet available		

**D. Additional Discussion:** There was additional discussion about the differences among the buildings in stressing healthy habits. For example, the HS does not permit food or drink in the classrooms. One of the elementary buildings permits students to have water at their seats. Policy 246 Student Wellness provides very general guidelines which the principals may interpret in the best interest of the students in their buildings.

**E. Next Meeting:** We decided to schedule our next meeting at the start of the 2008-2009 school year. For those of you who like to plan ahead, the tentative date is September 11, 2008 from 3:00 – 4:30 PM in the Board Room. As we get closer to that date, you'll receive an email from us.