

## Wellness Committee

### Minutes

9/6/17

- The newly revised policy (May 15,2017) was reviewed by the committee. There were no questions.
- Various committee members shared health and wellness initiatives that are occurring throughout the district.
  - **Avalon Elementary**-Received a grant last year through Action for Healthy Kids which was used to purchase a Tower Garden. The garden was utilized to teach the students about the plant growing cycle and using healthy ingredients for recipes. They have received another grant through Let's Move Pittsburgh to purchase a second Tower Garden this year. This one will be used primarily by the Life Skills program. They are planning to expand the types of plants they grow.
  - The teachers shared that there is a corresponding curriculum with the Tower Gardens which has been a valuable resource.
  - Mrs. Majerac is working on implementation of the Kids of Steel program at Avalon Elementary. This program is through the Pittsburgh Marathon.
  - **Bellevue Elementary**-They received a grant this year from Let's Move Pittsburgh which will be used to purchase a Tower Garden. They also received a grant from Action for Healthy Kids which will be used to purchase materials to support yoga and mindfulness in the classroom. This grant also provides a nutrition intern from the University of Pittsburgh.
  - **Middle/High School**-The MS/HS will also receive a Tower Garden through an Action for Healthy Kids grant. The Health teachers will be integrating Operation Prevention into their health classes. This curriculum was developed through Project HOPE which is a partnership between the FBI and DEA. It is designed to teach secondary students about the dangers of drug abuse.

- **Walk to School Day**-Scheduled for Oct. 4<sup>th</sup>. Some of the teachers are planning on expanding on the theme by integrating health and wellness lessons throughout the day.
- **YMCA**-Derron Seferra shared that they are working on ways to more effectively engage students at the secondary level. There was discussion about what kinds of activities students might be interested in. The MS/HS building was offered if the YMCA had an interested in offering program. Miss Ziegler is working on taking the PE students to the YMCA to learn what it has to offer and how to access the programs.

**Next meeting:**

**Thursday, November 16<sup>th</sup> at 3:30 p.m. in the Administrative Center**