

WELLNESS COMMITTEE MINUTES

Date: Wednesday, September 20, 2023

Time: 3:00 pm – 4:00 pm

Location: Board Room – District Service Center, 2780 W. Fourth Street

In Attendance

Staci Godfrey (Food Service Representative/Parent), Olivia Godfrey (Student), Corrina Gnoffo (School Health Professional), Theresa Montgomery (Elem. Curriculum Supervisor), Alicia Differ (School Principal), Michelle Keim (Food Service Representative), Sara Watson (Physical Education Teacher), Stan Cary (Community Member/Parent), Wanda Erb (Administrator)

Absent: Barbara Reeves (Board Member), Michelle Deavor (Board Member), Brandon Pardoe (Director Student Services), Cody Derr (Board Member/Parent), Alex Seyler (Parent)

Welcome and Introductions

Wanda Erb thanked everyone for attending. Denise Clark, Principal at Jackson Primary, was introduced. Dr. Clark will be joining our committee. Michelle Keim, Aramark Food Service Director, was introduced. Aramark was recently awarded the district's food service contract.

Minutes from May 17, 2023

The minutes from May 17, 2023 were reviewed and no changes were noted.

Wellness Activities/Events

Sara Watson shared the events planned in conjunction with WAMS Red Ribbon week – Flyer attached.

-Scheduled for Wednesday, October 25, 2023 from 10:45 am to 1:15 pm (rain date Thursday October 26th)

-Tailgate located in WAMS parking lot

-lawn games, outdoor lunch, invitation open to all WAMS students and staff to attend

-tables set up with presenters (SafeKids Lycoming County, State Police, City Police, West Branch Drug and Alcohol, Diakon, County Probation, volunteers from WAHS SADD Club etc.)

Corinna Gnoffo offered to reach out to the PA DOH to ask for their participation.

Michelle Keim asked for a table. Aramark will setup and provide information on school meals and healthy choices.

Club Fair Night actually occurs during the school day for the 9th grade. The addition of the potential gardening club was discussed. Faculty advisors are needed for clubs. There may be some opportunities to grow and expand through the Culinary Program.

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Discussion with Aramark, Inc.

Michelle Keim shared information about vending machines and offering healthier snack choices. She also discussed Aramark's plan to offer several choices to expand student participation in the school meal programs. As the program continues, they will be offering taste testing opportunities for students to sample items and expand menus to include these items. Everyone was excited to see what changes Aramark will bring.

Suggestions for Wellness Policy Changes/Improvements

No one had any suggestions for areas of the Wellness Policy that needs to be changed. Alex Seyler noted that the elementary school that her children attend have a "Time on the Line" program that should be evaluated to determine if it violates the policy.

Open Discussion

PSSA and Keystone snacks were discussed with the possibility of having items such as crackers, apples, bananas, fruit snack, granola bars, etc. available.

Wanda thanked everyone for the great discussion during the meeting today. Corrina Gnoffo will reach out to the PA DOH tomorrow and follow-up directly with Sara Watson as to whether they will be able to attend the Red Ribbon event.

Establishing Next Meeting Date & Time

The next meeting was scheduled for March 20, 2024. [\[Note: This meeting was subsequently cancelled due to scheduling conflicts.\]](#)

Adjournment

The meeting adjourned at 4:00 p.m.

TAILGATE TOGETHER AGAINST DRUGS

DATE: WEDNESDAY OCTOBER 25TH 2023

LOCATION: WILLIAMS SPORT AREA MIDDLE SCHOOL MAIN ENTRANCE

PARKING LOT

TIME: 10:45AM – 1:15PM

OUR GOAL: CONNECTING STUDENTS AT OUR SCHOOL WITH COMMUNITY MEMBERS WHO HAVE A VESTED INTEREST IN DRUG PREVENTION AND ALLOWING THEM TO INTERACT IN A MEANINGFUL WAY

PARTICIPANTS: RIVER VALLEY HEALTH AND DENTAL, WEST BRANCH DRUG AND ALCOHOL, YWCA, SAVING LIVES FOR ZACHARY, PA STATE POLICE, CITY POLICE, CORONERS OFFICE, SAFE KIDS LYCOMING COUNTY, JUDGE FREY, GARY WHITEMAN, CITY FIRE/EMS, PROBATION, YOUTH DEVELOPMENT TASK FORCE (SADD), DIAKON, WAMS STUDENT ASSISTANCE PROGRAM, FRIENDSHIP HOUSE, APPEL GATE RECOVERY

WHAT TO BRING: TAILGATE GAMES, GIVEAWAYS, PAMPHLETS, FUN ACTIVITIES

