

WELLNESS COMMITTEE MINUTES

Date: Wednesday, February 12, 2025

Time: 3:00 pm – 4:00 pm

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

In Attendance

Brandon Pardoe (Director of Student Services), Denise Clark (School Principal), Staci Godfrey (Food Service Representative/Parent), Michelle Keim (Food Service Representative), Alex Seyler (Parent), Corrina Gnoffo (School Health Professional), Sara Watson (Physical Education Teacher), Wanda Erb (Administrator),

Absent: Cody Derr (Board Member/Parent), Michelle Deavor (Board Member), Michele Hazel (Board Member), Theresa Montgomery (Elem. Curriculum Director) – No longer with the district, Alicia Differ (School Principal), Olivia Godfrey (Student), Stan Cary (Community Member)

Welcome and Introductions

Wanda Erb thanked everyone for attending. Michele Kunkle, Elementary Curriculum Director, was introduced. Mrs. Kunkle will be joining our committee.

We discussed potential student additions to our committee. Suggestions were made to reach out to students involved in Educator Rising Program and to invite Alex Seyler's daughter, Seyler to join the committee next year.

Minutes from September 20, 2023

The minutes from September 20, 2023 were reviewed and no changes were noted.

Wellness Activities/Events

It was noted that Red Ribbon Week at WAMS was well received. We will want to continue to include wellness activities to this event. If Michelle Keim, Aramark, could be notified in advance when this event is scheduled to occur, she will set up a table again. Aramark will also continue to set up at the annual open houses.

Much of the discussion centered around potential areas for future wellness activities – Adopt a Cow; Walkathons, Block Parties for example. It was noted that the elementary schools go on various field trips to local farms and gardens and the PTO provides assemblies – examples noted were field trips to Sunken Springs – Three Springs, Rohrbach's where they learn about pumpkins and apples, Penn State Extension has a Master Gardner program.

Michelle (Food Service Director) would like to make a calendar of when all the field trips are for each school. She will have to pull the information from the Board Agendas as they are available. If bagged lunches are needed for the field trips, she will need to know that as well. The Williamsport Area School District participates in the CEP program, so everybody gets a free lunch.

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Discussion continued with an observation that many students are not eating breakfast at the schools possibly due to getting Energy Drinks, Starbucks, Dunkin and other items on the way to school. Although, it may be hard to stop students from bringing in those items, it may be better to educate students on the dangers of Energy Drinks. Perhaps, we can look at posters or something of this nature to educate. The inclusion in the student handbook of information to discourage the consumption of energy drinks was also discussed. Michele Kunkle located information on the CDC website related to what schools can do. This appears to have some free resources (ie. Posters). Michelle Keim has a company that she has been working with that has provided at no cost some large posters for meals that she has placed in our school. She will look into this to see if we can get a few of these posters made up at a reduced cost.

Field days will get students out and moving. The school staff wonders if there is a way that we can have watermelon, oranges or other fruit for students to snack on while at the field days. We will need to look into this.

Apple Crunch Day is in the fall, usually around the first part of October. It was October 10, 2024. Maybe we can figure it out when it is in 2025 and have items on the menu and in the schools for the kids to try different apples and have them at lunch.

Healthy snacks for vending machines that students can purchase during afterschool programs was discussed. Michelle Keim will look into what machines we might be open to purchase, items to sell, etc.

Discussion with Aramark, Inc.

Nothing in addition to the prior discussion.

Wellness Policy Triennial Assessment/Changes/Improvements

The Wellness Policy Triennial Assessment instrument from May 2022 was reviewed and discussed. Members of the Wellness Committee will review again and reach out to Wanda with additional changes & updates not noted. She will put together the new assessment and send out for review and comments in April.

Open Discussion

Wanda thanked everyone for the great discussion during the meeting today.

Establishing Next Meeting Date & Time

The next meeting was scheduled for October 1, 2025.

Adjournment

The meeting adjourned at 3:53 p.m.