

Johnsonburg Area School District  
Wellness Committee Meeting  
May 10, 2022  
High School Information Center at 11:00 AM

1. Dr. Haberberger called the meeting to order by thanking everyone for attending this annual meeting and asked all in attendance to sign in. The committee is composed of school administrators, cafeteria personnel, faculty, students, community, and school board representatives.
2. Dr. Haberberger then had everyone introduce themselves around the room.
3. Tara Gordon, Food Service Director from The Nutrition Group, updated the committee on the program. Tara stated that they are working on getting back to normal, and many things have happened. She and Gail worked on a grant and the district was awarded it, providing the opportunity to purchase a breakfast cart. Breakfast participation at the high school has gone up by 20% since then. Tara spoke on the Administrative Review that happened this year and we were able to achieve a perfect score. She thanked Gail and the district staff for all their help. YAC- Youth Advisory Council (Blend of different grade levels) – have met throughout the school year and feedback was encouraged from students in the form of electronic and paper surveys. This helps the staff continue towards getting back to normal and gain valuable feedback. It was also stated that bagged lunches are being provided for all applicable field trips. Some events held at the schools include Wellness Wednesday, Healthy Recipes, Go for Green (March), and dirt cups for Earth Day.
4. Mrs. Schreiber strives to keep the elementary students moving during PE class. This year they are using room #149 and #150 and she is thankful for the space. Utilizing the larger classrooms also allows Mrs. Schreiber to access the smart board for activities and continue masking (until it was removed) while maintaining social distancing. She encourages the students to keep an open mind and be flexible. She is staying up to date with current events, the school calendar, as well as the national calendar. She noted that they are back in the gym currently and the elementary students are excited about it. She stated that the eighth-grade health curriculum continues to adjust to the schedules and introduced programs like “Too Good for Drugs”, “Signs of Suicide”, and the “PennDOT Highway Safety Network” which allows students to be in simulated situations like distracted or distorted driving scenarios. They also learn hands on (hands only) CPR/First Aid.
5. The high school PE/Health curriculum was able to see more activities introduced this year. Mr. Votano stated that he is always trying to keep students interested and active by presenting activities that meet students’ needs within their abilities. He has also done the PennDOT program in conjunction with Mrs. Schreiber’s classes. He stated this was a good year and better than last year with Covid restrictions. Students like to walk so they can walk to keep moving if they don’t want to do the other options like basketball, dodgeball, ping pong that he brought back this year, etc. He said they are trying to get back to normal from last year.
6. Our student members were asked for input.
  1. It was stated that the transition to normal is better this year. The lunches have improved with more choices being introduced and available to them by the time they go through the line. The alternative hot station choices improved as well.

2. It was brought up that there are some scheduling concerns and Mr. Kelly said he will check into them.
  
7. Mrs. Herbstritt, Registered Dietician, said there has been an uptick in Covid cases in Kane and she continues to see people with diabetes, high blood pressure, COPD, obesity, etc. due to people not moving a lot because of Covid. She said obesity is a real problem. She sees people, through their doctor, to help with nutrition, wellness, diet, and assistance with forming a plan.
  
8. Miss Buck, School District Wellness Coordinator, stated she is looking into a wellness program for employees and Swift MD is still a free option for employees while saving time and money.
  
9. Mrs. Thorwart, School Board President, said thank you to everyone for pulling together and doing a wonderful job at it.

Submitted by: \_\_\_\_\_  
Dr. Karen Haberberger; Superintendent, Chairperson