

Johnsonburg Area School District
Wellness Committee Meeting
May 11, 2021
High School Information Center at 11:00 AM

1. Mr. Crotzer 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. Due to the fact the committee has not met due to COVID19 a motion was made to approve the minutes from May 2, 2018.
2. Mr. Crotzer then had everyone introduce themselves around the room.
3. Tara Gordon, Food Service Director from The Nutrition Group, updated the committee on the program. She said the goal this year was to keep things simple and feed the kids healthy meals while also being safe. She mentioned that all students can eat breakfast and lunch for free this year. She stated that the Elementary Youth Advisory Committee had a meeting in November and had done a survey on favorite items and non-favorite items. Lunchables were then removed and chef salads, breaded chicken and turkey wraps were added to the menu.
They are continuing to use federally allocated funds for apples, chicken, etc. while making sure food items are of good quality and lower cost. They are in the USDA Department of Defense Fresh Fruit and Vegetable Program and are able to receive fresh monthly produce deliveries with about 20% of that being local within PA. She said we are able to do the SSO program again next year and a reminder that breakfast and lunches are free again next year.
Mr. Crotzer thanked Tara for an excellent job and helping with the take home bagged meals and he also said that The Nutrition Groups contract was renewed for next year.
4. The Character Education class continues discussion regarding healthy choices at the elementary school. This year's challenge is that there is no access to the gym due it being utilized for the cafeteria so they have to use larger classrooms. Mrs. Schreiber strives to keep the elementary students moving during PE class. Utilizing the larger classrooms also allows Mrs. Schreiber to access the smart board for activities. They also go outside as much as possible with the warmer weather approaching. Sanitizing makes things a little difficult since Mrs. Schreiber doesn't have a lot of time between classes and needs to get everything sanitized before the next class comes in. She is staying up to date with current events and is looking into hands on CPR/First Aide.
5. The high school PE/Health curriculum had to be modified pretty heavily due to COVID19. Mr. Votano has been incorporating activities that are both safe and help keep students active; while maintaining social distancing, etc. Mr. Votano stated that mask wearing in gym is challenging at times. He also said that they are not changing in gym class this year and all activities need to be adjusted for keeping students spread out. Students can walk to keep moving if they don't want to do the other options like basketball, dodgeball, etc.
6. We were given a waiver in 2020 for Triennial Assessment, which is a PDE requirement, and it needs completed by 6/30/2021. Feedback was encouraged as soon as possible to Gail regarding the assessment. It is based off of our current wellness policy and to make sure we are staying compliant.

7. Our student members were asked for input and they mentioned some items that they would like to see worked on:
 1. there aren't enough choices for the alternative hot station during third lunch by the time they get there. *(It was noted this will be looked into, but Tara did mention that due to availability they can only put things on that get delivered. Chicken is hard to get right now.)*
 2. They did not realize, until recently, that breakfast and lunch are free. They are suggesting more advertisement will help and to get students involved in marketing it.
 3. Possibly a rating system online to rate the menus. *(Tara added that the Nutrislice App is a good tool for that and the more feedback the better.)*
 4. One of the students said it has been a rough year incentive wise. It was suggested that maybe more COVID friendly things for the school year in regards to incentives for students like fun days outside or other programs that students can take part in.

8. Mrs. Herbstritt, Registered Dietician, discussed various onsite nutrition programs like Hospital Point of View, Obesity, Diabetes, etc., which have all increased due to COVID19 in Adults. She also talked about Medical Nutrition Therapy, Diet/Lifestyle, Congestive Heart Failure and COPD programs. She said she can come down next year to speak on any of those. She also mentioned that UPMC sent information regarding COVID19 Vaccines for anyone who wants it; and noted that they are encouraged to go to the fire hall in Kane to get them. They can contact the Director of Nursing at Kane Hospital. Students are required to get parent consents for vaccines before they get their shots. Even though numbers are going down, everyone is encouraged to get vaccinated. The age requirement was being lowered to age 12 on May 13th and there was still time to get to the Kane Fire hall.

Submitted by: _____
Mr. Dennis Crotzer; Superintendent, Chairperson