

MID VALLEY SCHOOL DISTRICT WELLNESS POLICY AGENDA

Wellness Policy Agenda

Date: December 10, 2019

Location: Mid Valley Secondary Center Cafe

Time: 2:45(Sec. Center) & 3:45 PM (Elem. Center and Sec. Center)

1. **Did we get to the school to do a TV commercial for the Wellness Policy.**
 - Mrs. Barnes was speaking to Ms. Phillips
2. **Need a member to talk with the PR Department** to post information on the Wellness Policy. The Public Relations Department will place on school social media sites the meetings dates and times.
 - Instagram
 - Twitter
 - Facebook
3. **The Presidential Fitness Test** -Talk with gym teachers to get information to them about the Wellness Policy.
4. **Elementary Garden-**
 - Ideas for next year. Talk with Mr. Liparulo to see if he needs assistance.
5. **Update from Mr. Kovaleski** –
 - Potential of a Rockwall for the school to use from Marywood University.
 - How many kids in wellness club, how many will participate, what is their age range, day and or time we can arrange for this event.
6. **How to start a Wellness Club- A student must take the start the process**
 - Ideas
 - Who
 - When
 - What permission do we need?
7. **Wellness Club:** Talk with Mr. Nowakowski on how we can get gym time if possible after school for a. Maybe use the weight room at the secondary center.
8. **Update from Nutrition Inc.** - Mrs. Costanzo

“Give yourself the gift of good health this holiday season!” –