

MID VALLEY SCHOOL DISTRICT WELLNESS POLICY AGENDA

Wellness Policy Agenda

Date: October 15, 2019

Location: Mid Valley Secondary Center Cafe

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

1. Mr. Kelly

- Update on Organized Recess for 5th grade students

2. Staff Wellness Day: Feedback and Ideas from the committee

- How do we get more parents involved?
 - Go to the PTSA meeting
 - Get dates of meetings
- How do we get more students involved?
 - Ask all of the club advisors to come and their representatives
 - Make an announcement the week of the meeting and place flyers so students are better informed. (update)
 - Start meetings at 2:45 PM & have a second meeting start at 3:40 PM
 - Set a date to have the Wellness Trivia for students during lunch (prior to the basketball season)
 - Try to get an activity board to have students stay after school and get involved in an intramural event (1 day a week for an hour)

3. Ideas for the Wellness Committee to do this school year.

- Can we get clubs involved with the Wellness Policy?
 - Flyers about the Wellness Policy
- What sports teams?
 - Public Service Announcement

4. Ideas on How to help students make Positive Choices

- Potential Guest Speakers

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” – John F. Kennedy

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Appendix A



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Appendix B

LEARN TOGETHER PLAY TOGETHER

Organized Recess

MID VALLEY SCHOOL DISTRICT

The Greater Scranton YMCA and Mid Valley School District have collaborated to bring organized recess to 5th grade students at the Mid Valley Elementary Center!

Organized recess is designed to provide a structured recess time for students, allowing them to be active during school in a structured, safe and fun environment. Greater Scranton YMCA staff will travel to Mid Valley every Tuesday to set-up and lead activities. Proper gym attire must be worn to take part in organized recess.

Activities will include:

- Obstacle Course
- Flag Football
- Whiffle Ball
- Soccer
- Ultimate Frisbee
- Kickball



WHEN: Tuesdays beginning September 24th through October 29th weather pending

TIME: 12:50p.m. - 1:30p.m.

LOCATION: MID VALLEY ELEMENTARY CENTER
50 Underwood Road
Throop, PA 18512

CONTACT: Mr. Lopez, Principal, Mid Valley Elementary Center •Phone - (570) 307-3241

GREATER SCRANTON YMCA

706 N. Blakely Street, Dunmore, PA 18512, W - www.greaterscrantonyymca.org Phone - (570) 342-811

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