

## **Wellness Policy Agenda**

**Date:** September 18, 2019

**Location:** Mid Valley Secondary Center Cafe

**Time:** 3:45 PM

1. **Update on Elementary Garden**
  - See photos attached (*Appendix A*)
2. **Mr. Kelly**
  - Update Organized Recess for 5<sup>th</sup> grade students
  - See flyer (*Appendix B*)
3. **Fresh Fruits and Vegetables Program:**
  - Mr. Vinansky was made aware the school district was not rewarded the grant.
4. **Staff Wellness Day: Feedback and Ideas from the committee**
  - How do we get more parents involved?
  - How do we get more students involved?
5. **Ideas for the Wellness Committee to do this school year.**
  - Can we get clubs involved with the Wellness Policy?
  - What sports teams?

## MID VALLEY SCHOOL DISTRICT WELLNESS POLICY AGENDA

### Appendix A



“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

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 24<sup>th</sup> through October 29<sup>th</sup> 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](http://www.greaterscrantonyymca.org) Phone - (570) 342-811

“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