

# Mid Valley School District

52 Underwood Road \* Throop, PA 18512



Chad Vinansky, Supervisor of Student Services

(570) 307-1150

## Wellness Policy Agenda

October 4, 2018

Location: Mid Valley Secondary Center Secondary Center Cafeteria

**1. Introduce new members :**

- a. Parents b. Students

**2. Nutrition Group:**

- a. Go over the snack choices which the school district will be offering for the 2018-2019 school year.
  - i. Nutritional Information sheets on each item have been emailed out to the committee prior to the meeting (September 7, 2018)
  - ii. Hard copies are attached to agenda

**3. Update on the different programs the school district is doing to promote a healthy lifestyle.**

- a. The Outdoor Adventure Club activities for the year. (Sky Zone)
- b. The 3<sup>rd</sup> grade Free Swim Program sponsored by the Dunmore YMCA:
- c. Look at doing Organized Recess for 6<sup>th</sup> grade this year.
- d. Healthy Families: How we made out with reaching out to PSU and Marywood University.

**4. Update on how the school has started to educate students regarding nutrition, healthy eating, and exercising.**

- a. Marywood Reached out to talk with setting up dates (Mr. Kovaleski)
- b.

- 5. Discuss how the elementary center will be implementing the new policy of no outside food allowed for classrooms without prior administrative approval.

Mr. Lopez can speak about how we are doing at the start of the school year.

- We discussed the Ala Carte line and limiting the number of snacks a student can purchase. The purpose is to help eliminate students having snacks as a replacement for a lunch.

**6. Halloween party:**

- Feedback from the PTSA meeting in September. (Mr. Lopez)
- Does the Wellness Policy want to do anything for the Halloween Party?

**7. Go over the data for Ala Carte sales in the elementary (9-24-18 thru 9-28-18).**

- a. Grade 3 b. Grade 4 c. Grade 5 d. Grade 6.

	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	Avege amount \$ for the week	# of students
Grade	Amount	Amount	Amount	Amount	Amount		
3	\$ 36.90	\$ 34.95	\$ 4.90	\$ 4.80	\$ 36.85	\$ 23.68	134
4	\$ 29.00	\$ 40.70	\$ 6.55	\$ 8.95	\$ 48.95	\$ 26.83	152
5	\$ 33.70	\$ 29.05	\$ 3.50	\$ 7.40	\$ 45.25	\$ 23.78	156
6	\$ 32.05	\$ 42.30	\$ 13.05	\$ 9.25	\$ 52.40	\$ 29.81	176



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## **8. Review the Mid Valley School District's Wellness Policy**

- a. Look at the expectations and requirements of the Wellness Committee.

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations. [\[1\]](#)[\[2\]](#)[\[3\]](#)

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

## **9. Gifted Students working on Garden grant**

### **Whole Kids Foundation**

Welcome to the Whole Kids Foundation Grant Programs Applicant Portal! Your one stop shop for managing your Whole Kids Foundation grants. If this is your first time here, register below. To log back into an existing account, login to the right.

### **About Us**

Whole Kids Foundation is dedicated to improving children's nutrition by supporting schools and organizations, and inspiring families to change the way we feed our kids. Learn more on our website: [www.wholekidsfoundation.org](http://www.wholekidsfoundation.org).

### **New to the system?**

[Register here](#)



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**10. Mid Valley will provide a FLU SHOT CLINIC**

- WHEN: Tuesday September 25<sup>th</sup> at MVSC HEALTH OFFICE
- TIME: 2PM-4PM
- Required paperwork will be available a week prior to the flu clinic in your buildings health offices FOR ALL FACULTY, STAFF AND FAMILY MEMBERS (IF INSURED UNDER THE SAME PLAN)

## **FLU SHOT CLINIC**

**WHEN: Tuesday September 25<sup>th</sup>**

**TIME: 2PM-4PM**

**WHERE: HIGH SCHOOL HEALTH OFFICE**

**Required paperwork will be available a week prior to the flu clinic in your buildings health offices**

**FOR ALL FACULTY, STAFF AND FAMILY MEMBERS (IF INSURED UNDER THE SAME PLAN)**