



# Mid Valley School District

52 Underwood Road \* Throop, PA 18512

*Chad Vinansky, Supervisor of Student Services*

*(570) 307-1150*

September 5, 2018

Location: Mid Valley Secondary Center Secondary Center Cafeteria

## **Wellness Policy Agenda**

1. Discuss how we can get more people involved at the Wellness Policy meetings.
2. Discuss healthy programs for the school district.
  - a. The Outdoor Adventure Club activities for the year  
**SPEAKER FROM GREATER SCRANTON YMCA**
  - b. The 3<sup>rd</sup> grade Free Swim Program sponsored by the Dunmore YMCA
  - c. Look at doing Organized Recess for 5<sup>th</sup> grade this year.
  - d. 7<sup>th</sup> grade Free Membership
  - e. Healthy Families
3. Discuss having a person go into the elementary classrooms and talk with students about nutrition and healthy eating and exercising.
  - a. Start with the 6<sup>th</sup> grade and speak with a different grade level each week.
4. Mrs. Costanzo:
  - a. Discuss the healthy food choices which the school district will be offering for the 2018-2019 school year.
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.**
  - Letters went home to parents about the new policy of no outside food allowed. The PTA has also been made aware of the change. **(Letter included)**
  - The elementary center main office area has a sign stating no outside food for parents/guardians to see as they enter. There is also a copy of the letter that was sent home to families about the new policy posted at the entrance for visitors to view.
  - Discussed having a raffle for the birthday students each month and giving out a gift card to winning birthday for the month for the grade. Gift card to Walmart was suggested.
  - 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. Discuss how to address the Halloween parties.
  - a. This will be the first major party in the school for the staff and students.
    - i. Make PTSA aware of the changes and the homerooms
    - ii. Make students aware of the changes,
7. Collect Data up till December 2019.
  - a. Look at number of food items brought into school for parties that had to be kept out.
  - b. Look at Ala Carte sales per month for grades 4, 5, & 6.
  - c. Discuss student feedback from meetings with Nutrition.