



# Mid Valley School District

52 Underwood Road \* Throop, PA 18512

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## **Wellness Policy Agenda** **Mid Valley Secondary Center Library** **November 8, 2017**

1. Welcome new members.
2. Look over Curriculum that is being taught in the district to educate staff and students on living a healthy lifestyle.
3. Look at what is being served in our school to see if we need to make changes.
  - a. Mrs. Costanzo can speak on how nutrition is working to provide healthy lunches.
  - b. State recommends using competitive foods with healthy snacks
    - Wellness Wednesday's: Kale Salad
    - Tasty Specials: High School
    - Lucky Lunch Line Ticket: Scratch off ticket to win a food prize
    - Recipe of the Month: Secondary Center
    - Farm to Fork: local harvest foods such as; apples, pears, squash for the month of November.
  - c. Examples of this are: Fundraising, vending machines
4. Review over how we deal with fundraisers and parents bringing in food to the schools.
  - a. List of foods which have been brought in to classrooms since the start of the school year.
  - b. List of food fundraisers done at the Secondary Center.
    - Ghost cookies- Cancer



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5. How are we ensuring our students are staying active in the district?
  - a. 3<sup>rd</sup> Grade – YMCA Free Swim program for all students
  - b. 7<sup>th</sup> Grade –YMCA Healthy Family (7<sup>th</sup> grade students can go for free to the YMCA)
  - c. Healthy Weight and Your Child Program
    - <https://www.ymcade.org/healthy-weight-and-your-child-program/>
  - d. Organized Recess is an option and has been very successful partnership between schools and YMCAs. YMCA staff facilitate the program. There are several free resources, including grant suggestions and templates.
    - <https://www.playworks.org/about/>
  
6. These programs would help the Mid Valley School District meet the goals recommended by the STATE
  - a. Set up specific goals for the team.
  - b. Nutrition education
  - c. Physical education
  - d. Nutrition
  - e. Promote the program
  - f. Use evidence based strategies
  
7. How do we deal with the following food reward issues?
  - Special education
  - 504 plans
  - (The IEP supersedes the Wellness Policy)