

## **Memo**

Re: **Student Wellness Committee Annual Report- School Year 2017-18**

The goal of the North Penn Student Wellness Committee is to ensure compliance with School Board Policy 5140(a) - Student Wellness and the USDA Healthy Hunger Free Kids Act of 2010. As such, it assists the district as an advisory group in providing a school environment that promotes student wellness, proper nutrition education, and regular physical activity as part of the total learning experience.

In compliance with the USDA regulation, the Student Wellness Committee is guided by two (2) co-chairs: Melissa Harding, the Coordinator of School Nutrition Services and Daniel Grunmeier, K-12 Special Content Areas Instructional Coordinator (2018-19 School Year). The members of the Student Wellness Committee include teachers, administrators, students and community members. In the 2017-2018 school year, the Student Wellness Committee met on the following dates:

November 14, 2017

March 13, 2018

June 5, 2018

[The Healthy, Hunger-Free Kids Act of 2010](#) expands the scope of local school wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the student wellness policy. The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing, and maintaining healthy school environments, and to clarify the content and implementation of local school wellness policies.

The North Penn Student Wellness Committee will share this report on the SNS website as an effort to publicly update the content and implementation of our work and to ensure compliance with the USDA regulation.

## Key Accomplishments 2017-18

- Restructured committee to have Deb McKay and Melissa Harding chair committee following Pam Gallagher's retirement.
- Updated School Board Policy, Student Wellness, #5140 to comply with updated federal guidelines.
- Updated School Board Administrative Guidelines, Student Wellness #5140 in accordance with recommendations from PDE.
- Encouraged increased opportunities for movement throughout the school day with teachers. A Google Drive was created for each elementary school with resources that teachers can use in the classroom.
- Elementary level, recess was increased by five minutes, discussion on impact of this district wide.
- Wellness Committee members volunteered for GAS (Games, Activities, Sports-Grades 10-12) and K-6 Triathlon district events.
- School Nutrition Services prepared and went through a PDE Administrative Review in March 2018. Three schools were selected for the review: Gwyn Nor, Inglewood and Corpus Christi.
- Implemented water canteens in some elementary schools that requested more easily accessible potable water during lunch time.
- Updated the district SNS website to continue Student Wellness outreach and promote our district policy across the community.
- SNS received a grant for the 2018-19 school year to increase breakfast participation at Penndale Middle School and North Penn High School. Grant totaled \$10,000.00.
- Conducted a survey among building principals in June to assess how each school is implementing student wellness in their building. Survey results will be used to assess the progress of the Student Wellness policy and committee. In addition, ideas from the survey will be combined into one document as a resource for all buildings to have access.