

## Memo

Re: **Student Wellness Committee Annual Report- School Year 2018-19**

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 includes teachers, administrators, students and community members. In the 2018-2019 school year, the Student Wellness Committee met on the following dates:

October 24, 2018

January 30, 2019

April 10, 2019

[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 2018-19

- Restructured committee to have Melissa Froehlich and Dan Grunmeier as co-chairs of committee as Deb McKay is new Gwyn Nor principal.
- Reviewed School Board Policy, Student Wellness, #5140 to ensure no updates were needed.
- Reviewed School Board Administrative Guidelines, Student Wellness #5140 to ensure no updates were needed.
- Reviewed legislation update regarding School Nutrition Services which included regulation changes on whole grains, milk and sodium limitations.
- Implemented more water canteens in some elementary schools for more easily accessible potable water during lunch time (Knapp and A.M. Kulp).
- SNS purchased two new breakfast carts for the High School and Penndale Middle School from a grant received in the 2017-18 school year totaling \$10,000.00. Breakfast carts were used to increase breakfast participation.
- School Nutrition Team Leader, Carol Begley, received the School Breakfast Hero Award for her continued efforts to increase breakfast participation and her work with the high school breakfast cart.
- Conducted a survey among high school students to assess the school nutrition services offerings and see what they would prefer on menus and offered in the cafeteria. Most requested was more fresh fruit options, grab and go items and afterschool snacks.
- Increased DOD Fresh Fruit and Vegetable program funding to offer more fresh produce in school meals across the district.
- Started discussions on a district-wide poster program to promote wellness across all schools. Topics of posters could be: do you text more than you talk, importance of being active, healthy eating, vaping and mental health. Considerations for this project are to ask teachers/staff/students to help create the posters. Once posters are created, they can go on TV scrolls and post in schools.