

Memo

Re: **Student Wellness Committee Annual Report- School Year 2021-22**

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 2021-22 school year, the Student Wellness Committee met on the following dates:

February 17, 2022 (Virtual Meeting)

June 14, 2022 (In-Person Meeting)

August 10, 2022 (In-Person Meeting, although this was 22-23 SY, we were completing work from 2021-22 SY)

The Wellness Committee dedicated this year to restructuring our committee and creating sub-committees to expand our wellness initiative. The information below are the updates to our Wellness Committee.

North Penn School District Wellness Committee

Mission

To promote health, well-being and the ability to succeed in a healthy environment by supporting students and staff: physically, mentally/emotionally, socially and intellectually.

Vision

The District Wellness Committee works collaboratively with community resources, parents/guardians, students and staff to educate, encourage healthy choices and implement wellness initiatives by providing information, activities and services designed to support lifelong wellness.

Sub Committees

Health & Physical Education & Activity	Nutrition Environment & Services	Social & Emotional Climate	Employee Wellness
Katie Kelley	Melissa Froehlich	Kristy Johnson & Trish Pike	Erika Shaedle
Health education consists of learning experiences that provide the skills students need to make quality health decisions. Health education helps students acquire the knowledge, attitudes, and skills they need for making health-promoting decisions, achieving health literacy, adopting health-enhancing behaviors, and promoting the health of	The school nutrition environment provides students with opportunities to learn about and practice healthy eating through available foods and beverages, nutrition education, and messages about food in the cafeteria and throughout the school campus. Healthy eating has been linked in studies to improved learning outcomes and helps ensure that	The social and emotional climate of a school can impact student engagement in school activities; relationships with other students, staff, family, and community; and academic performance. A positive social and emotional climate is conducive to effective teaching and learning. Such climates promote health, growth, and development by providing a safe and	Fostering employees' physical, mental/emotional, social and intellectual health promotes staff well-being, and by doing so, helps to support students' health and academic success. Healthy employees—including teachers, administrators, transportation, nutrition services, facilities and support staff—serve as powerful role models

<p>others.</p> <p>Schools can create an environment that offers many opportunities for students to be physically active throughout their daily lives. A comprehensive school physical activity program includes physical education, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement.</p>	<p>students are able to reach their full potential.</p>	<p>supportive learning environment.</p>	<p>for students and encourages lifelong wellness.</p>
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Looking Ahead

- District Committee will still meet several times per year. At each meeting, the sub-committee chair will provide an update and discuss how the district committee may be able to support its goals.
- Resources for sub-committees will continue to be created. The Healthier Generations website has great resources.
- Present at District admin meetings with updates
- Update District Wellness website with changes and supporting documentation.
- Create a section on NP Intranet for Wellness (or create an icon on the desktop)
- Sub-committees will plan to meet to create goals and action items once volunteer sign-ups are complete in mid-October