

**Troy Area School District Wellness Committee  
Minutes from the March 15, 2022**

**Facilitators: Bonnie Bixby, Chairperson**

**Committee Members Present: Lucy Chamberlain-Teacher/Parent; Jeanine Martin-Nurse/Community; Traci Gilliland-Business Admin/Parent; Ellie Madigan-Nurse/Community**

TASD Wellness Committee Meeting was held on Tuesday, 3/15/2022, in the WRC Conference Room at 3:30 p.m.

**The following items were discussed during the meeting**

- Previous meeting minutes were reviewed.
- Staff Wellness Update
  - Strive for 5
    - March is National Nutrition Month 3/7-4/3
    - Track fruits and vegetables intake
    - Eat a minimum of five per day
    - Earn 20 additional wellness points
  - Get Movin' with the Summit Everest Challenge 3/7/2022-4/7/2022
    - Track your distance
    - Earn 40 additional wellness points
  - Staff Wellness/Health Screenings have been completed
    - Number of participants is down
    - Flu shots were complete but very few participants
- National School Breakfast Week March 7-March 11
  - Athletes & Cheer attended Breakfast at WRC & TIS
  - Encourage Students to Eat Breakfast
- PA Harvest of the Month
  - March-Dairy
  - April-Leafy Greens
- CHOP Snacks
  - Chop snacks are available for students at WRC, TIS & Jr/Sr High School
  - Keep snacks individually packaged
  - Issues with take home items on buses
- PSSA Testing-Free Breakfast for Everyone
  - April 25-29
  - May 2-13
- Health Fair for Staff 2022/2023 School Year
  - 3/15 Conversation with Dr. Elias-loves the idea
- Health Fair for Students 2022-2023 School Year
- Wellness Policy Assessment Tools were handed out for the Annual Review
  - Will review at next meeting

There being no further business, Bonnie Bixby adjourned the meeting at 3:59 p.m.

**The next meeting will be on Monday, April 11, 2022, in the WRC Conference Room.**



**Respectfully submitted, Bonnie Bixby, Chairperson**