

**Troy Area School District Wellness Committee  
Minutes from the April 11, 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; Sarah Chamberlain-Student; Holly Kibbe-Teacher/Parent; Courtney Sexton-NTIC Wellness Coordinator**

TASD Wellness Meeting was held on Monday, 4/11/2022, in the WRC Nurse's Suite at 3:30 p.m.

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

- Previous meeting minutes were reviewed and accepted
- Staff Wellness-Update
  - Choose to Move Challenge
    - Begins 4/18/22
    - Goal to exercise 150 minutes a week
- Courtney Sexton-NTIC Wellness Program
  - Attend In-Service in August-Promote Program
  - Stay for anyone needing help with the program
- Health Fair for Staff 2022/2023 School Year
  - 3/15 Conversation with Dr. Elias-loves the idea
  - August Professional Development or Mid-Year
  - 8-12 Half Day Wellness
    - Personal Trainers
    - Massage
    - Team Building
- Health Fair for Students 2022-2023 School Year
  - During the day from 12-2 p.m.
    - Come by class
    - Bank-Talk about checking account; finances
  - Healthy Family Engagement Night
    - K-2 and 3-6
    - Attendance Sheet
    - Cooking/Snack Preparation
- Wellness Policy Assessment Tools
  - Reviewed & Approved Wellness Policy
  - Post on Website & Submit to PDE
- PA Harvest of the Month
  - April-Leafy Greens
  - May-Asparagus
- PSSA Testing-Free Breakfast for Everyone
  - April 25-29
  - May 2-13

There being no further business, Bonnie Bixby adjourned the meeting at 4:05 p.m.

**The next meeting will be on Tuesday, May 17, 2022, in the WRC Conference Room.**



**Respectfully submitted, Bonnie Bixby, Chairperson**