

Southern York County School District

WELLNESS COMMITTEE MEETING MINUTES

March 6, 2024

3:00 p.m.

Administration Library Classroom (Old Library in SHS)

Committee members:

Marie Behrmann, District Staff
Trevor Carrington, District Administrator
Mary Dankosky, District Administrator
Susan Green, District Administrator
Cory Goldfarb, Food Services Rep.
Jeremy Hash, School Board Member
Helen Heidler, Food Services Rep.
Jen Henkel, School Board Member
Kim Hughes, District Administrator
Melinda Landis, District Staff/Community Member
Anna Laubach, Student
Sharon Leitch, Parent/Guardian
Beverly Marhevka, District Staff
Madison Marks, Student
Brett Maxwell, District Staff/Parent
Stephanie McGlynn, District Staff
Madelynn Mussmacher, Student
Jill Platts, District Staff
Leonard Reppert, District Administrator
Cheryl Vaclavik, District Staff
Molly Walbrown, Parent/Guardian
Tia Walker, District Staff/Community Member
Lauren Womack, District Staff
Lori Wooldridge, District Staff

This meeting was held in-person and two committee members attended virtually.

The following members were present: Kim Hughes (virtual), Tia Walker, Helen Heidler, Madelynn Mussmacher, Susan Green, Lori Wooldridge, Bev Marhevka, Jeremy Hash, Len Reppert, and Cheryl Vaclavik (virtual).

1. Welcome and Roll Call
2. Susan Green asked for approval of the December 6, 2023 Wellness Committee minutes. All were in favor of approving the minutes as presented.
3. Susan Green moved down to agenda item 4d the food service advisory committee. She discussed that the request for proposals is currently under review and will be recommended at the April board meeting (at the latest). Madelynn Mussmacher shared that the students met yesterday to review and are going to review the electronic version and analyze their results on Monday.

4. Kim Hughes gave an overview of 4-6 curriculum and health and PE offerings. The 4-6 curriculum will be presented to the board for approval at the April board meeting. This curriculum focuses on individual sports and game sports, movement impacts, healthy choices, nutrition, ways to relieve stress, etc. She also shared plans for the hydroponic growers that were received yesterday. Bev Marhevka and Madelynn Mussmacher also shared that the middle school and high school are comparing food labels between old and new food labels and healthier options.

5. Subcommittees

- a. Physical Education Subcommittee - Kim Hughes covered this portion in her report.
- b. Staff Wellness Subcommittee - Lori Wooldridge shared that we are halfway through the initial Warrior Wellness program. She also shared that she continues to share benefit reminders with staff and that open enrollment will be in April.
- c. Student Initiatives Subcommittee - Madelynn Mussmacher shared information about recent student initiatives including:
 - i. Florida band trip
 - ii. AP/Keystone testing is coming up and Aavidum is going to have a Mental Health Day the Friday before testing
 - iii. French fundraiser benefiting the St. Judes Children's Hospital
 - iv. Winter sports have ended and spring sports have begun
 - v. Aavidum is hosting their first bullying awareness week next week that will include a spirit week, a candy gram fundraiser, and information about bullying at lunch tables.
- d. Food Service Advisory Subcommittee - this report was shared earlier in the meeting.

6. Round Table Questions/Comments/Topics of Interest (Committee members)

- a. Cheryl Vaclavik expressed interest in including more health posters showcasing sugars in drinks as part of her nurse room decor.
- b. Tia Walker shared about possibly having social workers come in and give an overview of all they do for our students and community.
- c. Madelynn Mussmacher expressed her passion for Aavidum and bullying awareness and hopes to see more awareness of how others treat people.
- d. Helen Heidler shared that it is national school breakfast week this week and that breakfast will now be free forever.
- e. Bev Marhevka expressed interest in integrating hydro growers into the curriculum.
- f. Len Reppert recommended taking a field trip to see the hydro growers sometime next year as one of our Wellness Committee meetings.
- g. Jeremy Hash asked Cheryl Vaclavik if she could incorporate health posters about sugars in energy drinks and also wondered if a list of brain food snacks could be shared with students before AP/Keystone testing.

7. Future Meeting Dates: Time 3:00 p.m.

- a. Wednesdays - October 2, 2024; December 4, 2024; and March 5, 2025

8. Meeting adjourned at 3:49 pm.