



**PHS Wellness Committee  
Meeting Notes 2021-22**

**November 23, 2021, 1:00 PM (in-person)**

**January 4, 2022, 1:00 PM (virtual)**

**March 24, 2022 (virtual)**

**Attendance:** Lauren Rood, Jennifer Irely, Gerry Giarratana, Amber Schlosser, Chris Hastie, Dawn Fulton, Lori Tirjan, Katie Lloyd, Mark Chilton, Cortez Catalano, Heather Page, Hailey Stevens, Brooke Balsamo

Topic	Support/Ideas	Status/Follow-up/Other	Updates & Final Plans
<a href="#">Comprehensive Plan</a> - Gerry Giarratana			
Building Assessment			Gerry Giarratana / Jenn Irely
Nutrition	Student Education about food they are eating (signage, food diagram, wall of wellness up to date)	Cooking class/competition  <a href="#">Survey Students</a> - Jenn draft survey and share with team; goal to share with student body in December  Sampling of new food  Connection to health classes  Calories, carb, etc. count	Jenn follow-up with Gerry  Lunch survey sent via student board reps. Review data:  Brooke Balsamo: <a href="#">Lunch Survey Presentation</a> <a href="#">Survey Results</a>  Salad bar starts on 4/18/22. Communicate info with students and staff via video announcements, posters, and the principal's weekly email.  Google form for pre-made salads, share during morning announcements and period 2 teachers post in Canvas.  Subway Day <b>May 4, 2022</b>
Physical Education	Coordinate non-competitive activities after school (volleyball, ski club, ping pong)  Mindfulness	Survey students  Dave Stiansen	Volleyball, May 26th 3 - 4:30 p.m. students can donate canned food to Lord's Pantry. Hailey & Brooke will work with Mrs. Rood to communicate event to students/staff.

			Mindfulness contact
Gardening	Food for the cafe?	Clubs, volunteer groups, Matthew McClintic & Mark Chilton will review if possible  Sign-up genius to help with garden	
Composting			
Social/Emotional needs & Mental Health	Community Events (connect w/Pennridge)	Katie Lloyd & Lori Tirjan will contact presenters  <a href="#">Ashley Heidler</a> - Mindfulness (Lauren Rood)  <a href="#">Grant Opportunity</a> - Heather Page	Lori & Katie will share a flyer regarding the upcoming event at Pennridge; Palisades is welcome to join virtually or in-person.  Heather will submit the grant.
Possible Events community/building	Wellness Expo (possible partners)  Parent Events	Obtain ideas  Social media, vape educate, wellness events, monster drink education	Amber will reach out to Bucks County AP/Principal's group.