

# CRAWFORD CENTRAL SD WELLNESS COMMITTEE

## MEETING MINUTES

Location: MASH Media Center

Date: May 19, 2021

Time: 4:15pm

Facilitator: Phyllis Lord

### Attendance:

Luke Gealy CCSD	Liza Hovis MASH	Kathleen Knapp MASH
Jenn Galdon CCSD	Phyllis Lord CCSD	Elizabeth Andracki CISHS
Katie Baldwin TNG	Tammy Groover TNG	Ann Areson Community Member
Wally Mason Coach	Lacey Heffern PTO	Sarah McKissock MAMS
Paula Lucas Parent	Jen DeVaul Nurse	Cheyenne Dorsey MAMS Student
Scott Lynch Principal	Clare Dill FD Student	Sonya Eagles-Dill Parent/Secretary
Jess Overly Parent		

### DISCUSSION POINTS

1. Phyllis Lord talked about the Wellness Committee and program and how it will be used in the future with annual meetings scheduled for March of each year.
2. As of now, Crawford Central School District meets or exceeds all USDA requirements pertaining to Wellness.
3. A Triennial Wellness Survey done by PDE will be released soon and shared with the group.
4. Discussed the future focus of the Wellness Committee with an emphasis on both physical and mental health within the district dealing with topics such as stress, Wellness Options, and additional resources.
5. A survey to gauge interest and reaction to Wellness Programs will be conducted in 2021-2022 and the results will be reviewed at the March meeting.
6. Meeting adjourned at 4:45pm. The next meeting will be held in March 2022.