

# PINE VALLEY CENTRAL SCHOOL



TO: **Health Advisory Committee**  
Laurie Beaton  
Terry Brown  
Scott Burdick  
Kayla Corsaro  
Heather Gregory  
Kelley Ivett  
Jill Kenney  
Becky King  
David Kohler  
Dr. Tat-Sum Lee  
Kerry Mihalko  
Paul Mihalko

FROM: Dave Kurzawa, Interim Superintendent  
DATE: June 23, 2015  
RE: **Committee Meeting Notes – Monday, June 15, 2015**

Add to: Website, newsletters, parent notes, healthy ideas and policy.

Committee: meet five times a year.

Communication items for parents and students:

1. Healthy snacks – weekly – monthly
2. Healthy lunch pail ideas – weekly – monthly
3. Healthy menus
4. Resource Cornell University website

Ideas for 2015-16: HS & MS

1. after-school healthy snacks (3-3:30) – sub, veggies, fruit
2. Team snack bags for all away games

(Community in Action) CIA group involved with Health Committee.

Activities for consideration:

1. Walking programs for parents and students
2. Nature trail walks
3. Staff wellness
4. Fitness center program – students grades 7-12, adults
5. Survey: school wellness Survey for adults and students Sept.-Oct. 2015
6. September 1 – prepare inservice/presentation to staff about Health Committee, wellness programs, etc. (1 hour) Committee will meet this summer to create presentation.

PET Grant – start September 1 preparing for submission of PET Grant in March 2016. Use BOCES Grant writing service or Paula Pichon.

Scott Burdick – investigate American Dairy Association Program for grant monies.

360 Program – restarted

Suggested meeting dates: July 9 from 5-6 pm, July 23 from 5-6 pm or suggestions.