CENTER AREA SCHOOL DISTRICT

HEALTH AND WELLNESS COUNCIL

The Center Area School Board approved the formation of a School Health and Wellness Council in May 2004. Our program is modeled after one developed by the American Cancer Society and is encouraged by the Pennsylvania Department of Education and the PA Health Department for all school districts in Pennsylvania.

The Council brings together individuals from the Center Township Community to address issues affecting the health and well being of children within Center Area School District. The Council identifies local concerns, establishes priorities, makes recommendations, and provides leadership needed to create a more health-promoting environment in the local schools and community.

This will be accomplished through a Coordinated School Health Program involving 8 components:

1. Family and Community Involvement
2. Comprehensive School Health Education
3. Physical Education
4. School Health Services
5. School Nutrition Services
6. Counseling, Psychological, and Social Services
7. Healthy School Environments
8. Health Promotion for School Personnel

Through this coordinated approach, many positive results will transpire. Some include:

- New levels of cooperation and collaboration among teachers, parents, schools, health officials, and organizations and businesses within the community.
- A more positive health promotion environment for students and staff.
- Inclusion of Health Awareness and lifelong healthy living skills.
- Young people who are better prepared physically and mentally to become productive members of their community.
- Reduction of Absenteeism.
- Improved Student Performance

The primary goals of the CASD Health and Wellness Council include:
1. Increase student awareness for physical activity.

- Completion of 1.25 mile Walking Trial @ Center High School sponsored by $15,000 Highmark Healthier Schools Challenge Grant
- Completed Middle School Walking Program—Students walked over 1200 miles
- Awarded $15,000 grant from Dept. of Conservation of Natural Resources (DCNR) with matching monies from Center Twp., Center Area School District, and CCBC to total $30,000 to complete a “Safe Routes to School Feasibility Study” for 2006
- Completion of an Outdoor Classroom @ Todd Lane by David Thomas August 2005 as Eagle Scout Project
- Received 3 ($2,000) PANA Grants for 2004 (Pennsylvania Advocates for Nutrition and Activity), (Food Fair @ High School, Refrigerated Vending Machine for Middle School, and “Opera of Health” for Todd Lane. One ($2,000) PANA Grant for 2005 for Todd Lane—Elementary Sized Salad Bar

2. Improve nutritional choices and awareness for students and staff.

- Held Food Fair for students and staff at High School
- Develop Wellness Policies for CASD by June 2006 as required by Federal Mandate
- Menu Analysis Program for all schools
- “By the Numbers Grant” $500.00 sponsored by “Project PA”, A collaboration between Penn State University’s Department of Nutritional Sciences and the PA Dept of Education, for Parent Outreach on “Preventing Childhood Overweight and Obesity” for PTA presentation Todd Lane Sept. 2004
- George Foreman Grant for PTA presentation @ Todd Lane “Make Time for Health” by Registered Dietician, Mary Alice Gettings from Penn State Extension Office in October, 2005

3. Create a School/Community Fitness Center

- Partner with Center Township, Corporations, Businesses and Individuals
- Evaluate other Funding Sources, i.e.: PEP Grant

4. Submit and Obtain grant for “Safe Routes to School” to connect 7 different School Entities here in Center Twp. –September, 2006

5. Establish a Center Area Education Foundation

- Established September, 2005
- Purpose to augment educational needs and experiences of CASD students and staff

To become part of the Center Area Health and Wellness Council
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