



Notre Dame Jr./Sr. High School

60 Spangenburg Avenue ♦ East Stroudsburg, PA 18301-2799 ♦ (570) 421-0466 ♦ FAX: (570) 476-0629

e-mail: principal@ndhigh.org ♦ webpage: www.ndhigh.org

Over Fifty Years of Living the Gospel through Education, Worship and Service

Health and Wellness Agenda and Notes

Wednesday, December 11, 2019

Greetings and Opening Remarks by Linda Lyons

Old Business:

- Mrs. Lynn Pappalardo, RN gave a nutritional analysis update on the new smart food snacks, beverages and new product additions.
- Administrative Review update
- Annual opening food service training meeting was held August 23, 2019. All staff was retrained in civil rights, respect, cleanliness, sanitation, proper temperatures and storage, correct components of a school lunch and cashier responsibilities. We welcomed and trained a new staff member in September.
- Classroom education mandatory scheduled weekly health classes for all 7th, 8th and 11th grade students is ongoing as is weekly mandatory Physical Education class for grades Montessori – 12th.
- Open co-ed gym, grades 7-12 is announced weekly and the day of via the school intercom and a written posted schedule is hung outside the Athletic Directors Office.
- Co-ed weight room hours are announced and posted outside weight room. Weight room is open 3 days per week.

New Business:

- Physical Education teacher, Shastri Spencer and Athletic Trainer, James Peer are setting up a 3 day/week after school instructional seminar in response to the student survey on increasing use of the weight room. It is to start Thursday, February 20, 2020, Monday, February 24, 2020 and Wednesday, February 26, 2020 at 2:30 p.m. This will deal with safety and proper lifting techniques, muscle grouping, nutrition and sanitizing equipment. Different aspects of student interest were weight control, strength, agility, speed, endurance and getting more students besides the athletes into using the weight room.
- A school wide assembly is being looked into for presentation in late winter, on the dangers of vaping.

Attendees:

- Mrs. Lynn Pappalardo, RN, School Nurse
- Mrs. Linda Lyons, FSD & Department Head of Health & Physical Education
- Mrs. Shirley Tichy, Food Service Assistant to the Manager
- Mrs. Patricia Burke, Faculty member
- Ms. Robin Brown, Faculty member and Student Council Advisor
- Mr. Shastri Spencer, Faculty member and Coach
- Mr. Justin Peeney, Student
- Mr. Mark Allison, Dean of Students/Faculty
- Mrs. Jenna Curtis, Parent NDH/NDE