



Health & Wellness Advisory Committee Minutes

Central Administrative Office-Boardroom– 3:45 pm

February 17, 2017

Members Present: Megan Curtis - CMN, Nicole Gatewood - CHS, Casey Adams - WC, Shae McGilvray - CHNS, Alice Smith - WS, Mauren Gagnon - SC, Andrea Mendoza - SS, Jamie Oitker - CE, Rich O'Connell - CHS, Michael Byrd - CAO, Sarai Martin - MSE, Keri Jackson - CAO, Terena Woodruff - CAO, Carly Madar - Student, Emily Madar - Student, Vonda Morgan - CAO, John Shirron - ACE, Miriam Berryhill - NS

Meeting began at 3:50 pm.

Reports:

Student Services - Michael Byrd, Director of Student Services presented about the PRIDE program at both Middle Schools. Officer Dodd has been doing lessons all year long and they are about to celebrate completion on April 21. Craig O'Neal will be emceeding the event with Mickey Spillane as DJ. Two programs- one in the morning and one in the afternoon- all are welcome to attend. Every student will get a t-shirt.

Health Services- Terena Woodruff, Director of Counseling, and Vonda Morgan, Director of Nursing- Working for grant application for a school based health center in district. Working on getting information out to health care providers in the area, both physical and mental health. The committee is currently working on finding a location. They are also sending out surveys to parents, teachers and students in the next two weeks to gather information. The clinic will be able to offer immunizations. The hope is to also have services available for staff, students, and possibly community to help cut down on absenteeism. Mrs. Morgan has visited Franklin Elementary to gather data and reported their finding of seat time saved which was 271 hours that students were not out of class for doctor appointments. The grant money is for facility start up and then the district provides a facility coordinator.

Coordinated School Health Report –Megan Curtis, District Health & Wellness Coordinator reported about upcoming events.

Food Services – Erin Wilkes, Director of Food Services, provided the quarterly menu review. Menus are online

New Business:

Spring Fling 5K Event (March 17th & 18th)-Jamie Oitker reported that the Cabot Cruisers are looking to change the Kid's Fun Run to Friday night to help alleviate stress of child care during the run. Jamie will be working with the Cruisers on coordinating the run. There has been a discussion of it being another staff wellness for schools. Megan will be sending fliers as the run gets closer.

Bowling: Megan Curtis reported that on March 7th the elementaries will bowl. She stated that the due date is tomorrow for money and names. She asked that all coordinators please make sure that you have correct information on checks (drivers' license #, phone #, etc). She also reported that middle schools, secondary schools, and departments will bowl on February 28th.

Blue and You Fitness Challenge- Megan Curtis presented the 3 month push for physical activity. She stated that coordinators will make sure staff is signed up by February 28th. It is a competition, but every school is competing against the entire state. The contest lasts March 1st- May 31st. The challenge encourages exercise three times a week. Four measures determine the winner and this information is on the Blue and You website. Coordinators are responsible for registering their team, distributing team code to school, encouraging them to log on (give them the code and link) before Feb. 28. You are responsible for managing throughout the competition, meet with your administration and talk about how to encourage participation. Ideas include opening gym for classes like zumba, set little goals with incentives like extra plan or to cover your recess duty. Participants start logging exercise March 1st.

Other Business:

The next Wellness Committee meeting will be April 20, 2017.

School Health Index: All of our schools have been flagged in Indistar because our goals are the same. We will be tweaking the information so that it pertains to each school.

Shae McGhillvray from the Co-op was present to help us work through Indistar. She will be meeting with Megan and Dr. Duerkop to fix the plans.

The School Health Index will be done in the spring. It will be online this year which will be easier for uploading into Indistar. Coordinators will still send the different modules to the same people, and then coordinators will enter results online

Meeting was adjourned at 4:21 pm.