

**FOR SCHOOL HEALTH COUNCIL  
March 30, 2017**

**3:15 p.m.  
Central Administration Board Room**



**Members of SHC:**

Brian Bliss- Superintendent  
Sue Myers-School Nurse  
Jacob Snyder Student Representative  
Matt Kirkhoff-Director of Food Service and Transportation  
Dawn Kreider-Wellness and Fitness Instructor  
Nikki Bender -School Nurse  
Rebecca Gajeci –Principal QE  
David Beard-Asst Principal Smith  
Christina McLaughlin-Principal Providence

Rob Dangler-Assistant Superintendent  
Jill Almoney-FACS Middle Schools  
Andrea Cook -School Nurse

Paul Plechner-School Board Member  
Sue Lackman-LGH Wellness  
Sandy Haines-Principal Bart  
John Dolan-Asst Principal Swift  
Kay Bandy-Principal Clermont

Member Present: Dr. Brian Bliss, Sue Myers, Andrea Cook, Jill Almoney, Megan Minchoff, Kay Bandy

**Old Business:**

- 1. Student Act Out Loud, Prom Promise: 5/19/17 Act Out Loud Rally.** Andrea Cook has several vendors lined up to attend that day for the 9-12 kids. One week before there is an all school assembly with Impact team. The Senior class will have the afternoon of 5/19/17 with a mock trauma crash by LGH Trauma team. There will be daily fact events and prizes on the 3 days prior to the rally. Andrea and her high school interns have gathered prizes for this event and for the **10 weeks to Graduation**. Each week a safety fact/statistic is presented with drawings for prizes for the senior students. **Prom Promise** is held in conjunction with all these events.
- 2. Wellness Policy Review and Updates: Dr. Bliss :** Dr. Bliss has attended a webinar and is working on the evaluation component of the wellness policy which may mean a self-evaluation tool. The State plan is for an audit every 3 years. Sue will send her electronic files of all school health council events to Dr. Bliss for auditing purposes.
- 3. Purposeful Recess:** Nikki Bender was not able to be present due to nurse coverage issues. Attached are her reports on recess and the information she obtained at the Lighten up Event.
- 4. Trauma Informed Schools:** Dr. Bliss stated that Penn State will present a program to staff at the August trainings and it will be a kick off to many more presentations and programs.

**NEW BUSINESS:**

- 1. LGH Wellness updates:** Sue Lackman not present but shared a “School Garden” flyer. A good discussion proceeded about exploring “hydroponic” gardening to be used for the school season since our growing season is during the off school season.
- 2. Report of Food Services:** Megan Minchoff reported that special meals are lined up for PSSA’s breakfast.

3. **What good is happening in the schools?** Elementary schools are doing Jump Rope for Heart, and some are doing the Race for Education or Be Wise Exercise. The Family Engagement Events are very popular offering fun physical activities for the entire families.
4. Jacob Snyder **our student representative** will be graduating and has nominated his sister for his position. We hope she will be able to attend the May meeting.

### **Next Meeting Schedule**

**5/18/17**

3:15 at the Central Administration Board Room