

FOR SCHOOL HEALTH COUNCIL
May 18, 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
Megan Minchoff- Food Services Assist.
Paul Plechner-School Board Member
Sue Lackman-LGH Wellness
Sandy Haines-Principal Bart
John Dolan-Asst Principal Swift
Kay Bandy-Principal Clermont

Present: Dr. Dangler, Jill Almoney, Sue Lackman, Sue Myers, Nicole Bender, Sara Snyder, Heather Snyder, Megan Minchoff

Welcome to Sara Snyder, as our newest student representative

Old Business:

- 1. Student Act Out Loud, Prom Promise: 5/19/17 Act Out Loud Rally. 10 weeks to Graduation. Prom Promise** If you have a chance please visit.
- 2. Wellness Policy Review and Updates: Dr. Dangler presented the proposed policy. (See attached)** The changes are in red. It will be presented to the next board meeting. Several significant changes that include PE for all district students. It will be challenging to incorporate this item alone along with the other items.
- 3. Purposeful Recess: Nikki Bender:** Gave us a handout/survey that she hopes will be completed by each individual school and discussed amongst staff there. (See attached) Discussion led that it would be helpful to have more options at recess. Nikki will send this out again in the fall to the building principals to target discussion.
- 4. Trauma Informed Schools: Dr. Dangler reported** that it is set to begin next school year at the earliest in the August in-service or the January one. It is a partnership with Penn State and us. The main thrust is based on research that show trauma causes brain changes.

New Business

- 1. LGH Wellness updates: Sue Lackman reported:**
 - A. School Garden starter kits available and a network of persons of interest that links garden supply centers with schools offering free materials.
 - B. Opioid Crisis the South Central opioid coalition is launching a website soon. www.opiodaware.org. filled with resources. Provided 2 table cards that are available. Will send these to HS nurse and guidance. More can be provided upon request.
 - C. Prescription Drug abuse: LGH has cards that list sites that collect unused medications. More cards can be obtained from LGH or PA Department of Drug and alcohol programs

D. World No tobacco Day May 31st. Have programs if interested in smoking cessation

E. Life Skills class: 8 week course available for mainly grade 3-5 but can be for all grade levels. Sue discussed with Dr. Dangler after the meeting if and how it could be incorporated into the curriculum.

2. **Report of Food Services: Megan Minchoff reported:** Awaiting to see what the Trump Administration will appeal from the current school food regulations. Talk that will allow white bread , regular chocolate milk and lift sodium restrictions.
3. **What good is happening in the schools? Generalized opinion that** Race for Education, Girl's on the Run and the Family Engagement events are a real plus.
4. Jacob Snyder **our student representative** will be graduating Best wishes to Jacob in his continuing education. Also retirements of Sue Myers and Andrea Cook this year. Please send an invitation to the school nurse replacements to join the School Health Council in the Fall.

Next Year's Leadership: Discussion about needing a person to facilitate the School Health Council Meeting next year. Dr. Dangler will talk with Matt Kirchoff and Dr. Bliss to determine who best to lead the group.

1st Meeting Scheduled for October 19th at 3:15 p.m. in the Central Admin. Office.