

FOR SCHOOL HEALTH COUNCIL  
October 2014



3:15 p.m.  
Smith Middle School Cafeteria

**Members of SHC: present:**

Sue Myers-School Nurse  
Jacob Snyder Student Representative  
Elaine Slusser-School Nurse  
Jill Almoney –FACS

Matt Kirkhoff-Food Service Director  
Andrea Cook -School Nurse  
Sue Laughman-LGH Wellness  
Heather Snyder-parent

**Members absent:** Brian Bliss- Superintendent  
Dawn Kreider-Wellness and Fitness Instructor

Jodi Sensenig-Business partner

**Old Business:**

1. Our focus for year--- “Healthy Snacking” All members are challenged to incorporate this theme with their schools and students.
2. LGH Wellness updates- Sue Laughman reported that “School Gardens” are very popular and several districts. They are also working on Walkability and biking plans for communities. Sue also shared that November 20<sup>th</sup> is the “Great American Smoke Out day” and encouraged us to contact them if interested in promoting.
3. Smith Family Engagement was on September 23<sup>rd</sup> Sue Myers had a SHC display and Sue Laughman was there representing Breast Cancer awareness and the Smoke out. We have about 150 people there.

**NEW BUSINESS:**

1. **Café New regulations:** Review Wellness Policy change and see if we need to make amendments. Matt reviewed that the new federal changes were implemented on “Smart Snacking” Happy to say that all student bodies have accepted the change without a revolt. He will be running a monthly report soon to see what financial loss has occurred so he can keep the school board members informed. We reviewed our current wellness policy and would like to have added a clause that states:  
“ All fundraisers involving food items must be pre-approved to meet the new Smart Snack regulations” or All foods sold from Midnight before a day of school until 30 minutes after school must meet the Smart Snack guidelines of the 7/1/2014 federal guidelines.  
More information can be found at <http://www.fns.usda.gov/school-meals/smart-snacks-school>

Discussion followed about a review and revision of all parts of the wellness policy continued about whether we want to pursue elimination of all FOODS as Rewards and all food birthday treats. An emphasis was placed on the allergens that are prevalent with many more students. Sue will contact Dr. Bliss on proposals from PASBO and we will discuss this further via email as needed.

2. **Employee wellness program :** Andrea proposes to send out a survey as her October Goal.
3. **H.S. programs:** Andrea Cook is working with the following programs.

**GIRLS ON TRACK** -about 12 girls running after school

**ACT OUT LOUD CLUB:** This year is a club and will be attending a SADD conference on 11/4/14. She is looking to have SADD funds incorporate into her ACT OUT LOUD CLUB.

**Next Meeting Schedule set for January 15<sup>th</sup> and May28<sup>th</sup> 3:15 p.m. in Central Administration.**

