

SCHOOL HEALTH COUNCIL
October 24th Minutes
3:00 p.m.
Board Room



Members of SHC:

Brian Bliss – Superintendent
Nikki Bender – School Nurse
Mollie Truitt – School Nurse
Lucas Yost – Student Representative
Matt Kirchoff – Director of Food Service and Transportation
Paul Plechner-School Board Member
Rebecca Gajecki – Principal QE
David Beard – Asst. Principal Smith
Billie Corbin – Principal Providence
Chris Zander – Principal Clermont
Ashley Edwards-Nace – Director of Behavioral Health

Rob Dangler – Assistant Superintendent
Becky Taylor – School Nurse
Jill Almoney – Middle School F.A.C.S.
Morgan Miller – Wellness and Fitness Instructor
Megan Brown – Food Services Assist.
Sue Lackmann – LGH Wellness
Sandy Haines – Principal Bart
John Dolan – Asst. Principal Swift
Sarah Snyder – Student Representative
Scott Long – Principal HS

Meeting Minutes

In Attendance: Jill Almoney, Brian Bliss, Nikki Bender, Ashley Edwards-Nace, Rebecca Gajecki, Sandy Haines, Becky Taylor, Mollie Truitt

Old Business:

1. Employee Health:

- Flu Shot Campaign (Health Hero/Wiley's) – Approximately 143 vaccines given (up slightly from last year).
- Biometrics offered at August and October in-service. Are staff actually sharing results with their doctors?

2. Student Nutrition Practices:

- What are our goals for snack/party practices this year? Significant community push-back when we attempted to limit unhealthy snacks several years ago. Teachers suggested non-food birthday treats at Back to School Night this year to promote allergy safety. Our students and their families are finding themselves trapped in a circle of obesity/mental health. We need to provide something more than education. They need help losing weight, not just eating healthy. Kids are not getting healthy food choices at home. More active counseling in schools? “We’re accepting no food treats for birthdays and here’s why.” We want to plan for a more aggressive approach to this year than mailing BMI letters. Girls on the Run has been outstanding! Strength training for athletes and weight room classes at HS (4 days lifting/1 day yoga). Updated FACS curriculum to highlight food choices, nutrient dense foods, reading labels. Kindergartners get gym? That would be hard to implement schedule-wise. Medical/counseling holistic approach. Could we offer our buildings as sites for family health screenings, etc? Families have a hard time getting to resources. We need to research programs that have had an evidence-based impact. Review policy at next meeting to ensure compliance.
- Food Farmacy Program as a resource for families linked to LGH practices.
- Food bank relabeled shelves to target good foods for cholesterol concerns, diabetes, etc. SWEEP bags present a challenge for getting individually packaged *healthy* foods.

NEW BUSINESS:

1. Report of Food Services:

- No report.

2. LG Health Updates:

- No update.
- County-wide wellness committee meeting 11/07/2019 (Nikki attending).

3. Employee Fitness Challenge:

- Significant staff interest in bringing this back.
- Who would lead? What goals/activities would we like to target? Staff would like to be able to adapt their own goals. Mental health/stress reduction? Scrub Club? Becky will gauge their interest next week. Could we pair staff and students to help our students too?

4. Behavioral Health Updates:

- Mental health is definitely a topic that is opening up more and more.
- Mental health care is being utilized more in our health plans.

5. Building Updates:

- Scoliosis screenings, mobile dentist. 11/1 and 2 Kids Heart Challenge info going home at QE. Students willing to share their experiences to reach other students. Goal is to get over \$15,000 lifetime dollars. GOTR @ Bart and Clermont for fall, all buildings at Spring (not HS).

6. Need to discuss vaping @ next meeting. Alarms for bathrooms? Presentations?

7. Meeting Dates for 2019-20 (3:00 – Central Board Room):

- 01/23/2020
- 03/26/2020
- 05/28/2020