

SCHOOL HEALTH ADVISORY COMMITTEE MEETING MINUTES April 19, 2018

The School Health Advisory Committee met at 7:00a.m. April 19 in the Elementary Computer Lab. See sign in sheet for members present

We discussed ways to make the Wellness Policy more known to students and staff. Last meeting me talked about teacher quizzes and incentives. Vicki C had the idea to do a wellness week with quizzes for each class and a reward for winners. Possibly 1 class per building. That led to discussion of having different topics monthly that we could have in the announcements, the tribecast and the morning show. Some health topics mentioned were sunscreen, water vs soda/energy drinks, heart health, exercise, dental, nutrition, hygiene, mental health (relaxation), screen time, and healthy relationships. We would do this in the months September through April. We discussed having a list of activity for indoor recess, or other punishments besides taking away recess. The model Wellness policy wants us to have 60 minutes of activity daily for students of all ages.

Marcy Easterly said we can easily add information to the web site monthly, and we can make links to other trusted websites, such as the American academy of pediatrics.

Rolanda L. explained more about the Trauma informed school A trauma informed school is a school that 1) realized the widespread impact of trauma and understands potential paths for recovery. 2) Recognizes the signs and symptoms of trauma in students, teachers and staff. 3) Responds by fully integrating knowledge about trauma into its policies, procedures and practices 4) seeks to actively resist re-traumatization. The steps in becoming a trauma informed are being Trauma Aware, then Trauma Sensitive, then Trauma Responsive, then Trauma Informed. Anne S. will ask Mr Soden about getting a trauma informed speaker for a professional development day. We discussed getting information out to parents possibly at a Family Fun night.

We discussed ways to increase HRA participation. Gift cards didn't increase it last year. We will try to do one on a professional development day next year. Brooke D said we should discuss it at a staff meeting about why to do it because so many times people ignore the emails. We will give Amazon, Walmart or Common Grounds gift cards.

Next meeting will be when school starts in the fall. Contact Anne Stever if you are interested in being on the School Health Advisory Council. Ext 1442.

