

SCHOOL HEALTH ADVISORY COMMITTEE MEETING MINUTES October 9, 2018

The School Health Advisory Committee met at 7:00a.m. October 9 in the Elementary Computer Lab. See sign in sheet for members present..

For staff wellness, we discussed HRA participation. We only had 49 staff participate. Gift cards didn't increase participation. We had to book a date for next year. I tried to pick a PD day, but it may not be one. People don't like the online sign up and questions, they don't want to rush to morning duties, they feel like they already had the blood work done at their doctor. Flu shots for staff will be done Friday, Oct 12. We will not give incentive prize for getting a flu shot and save the money for something else.

There was much discussion on providing healthy information to students throughout the school year. Ideas we would like to pursue are having a Wellness week. Every day we would have an email, video, information given about a topic. We would like to enlist the help of HS multi media class, theater, and/or leadership classes make videos/skits. We would like the MS announcements and the Elementary morning show to get the information out there. Eladia from Webster County HD can give us information or have speakers if needed. Some of our ideas for the days are...Mental Health Monday. Talk about relaxation, maybe play soothing music, low lights, talk about importance of sleep. Other topics are dental care and hygiene, importance of water, nutrition, and exercise. For exercise we discussed teachers taking the kids for a walk, or doing an exercise at your desk such as fast feet or tri cep dips. When discussing water we talked about getting a business to donate water and every student in the district getting a bottle of water, then giving information in the announcements about drinking water. We will ask for approval from administration, then plan for after the first of the year.

Wellness additions were tabled until Vicki C. could be at meeting.

We discussed adding information about the Wellness policy during the Wellness week. We discussed having SHAC meetings at different times. Eladia reports that Webster County has a monthly luncheon for community partnerships that has grown over the year. Michelle G. said Lesa C. has started a twice yearly luncheon for Early childhood and the community. Michelle G will ask her if we can join. Eladia reports evening meetings haven't been successful in Webster County because people don't want to come later.

Next meeting will be Monday, November 26 at 3:15pm in the Elementary Library. Contact Anne Stever if you are interested in being on the School Health Advisory Council. Ext 1442.

