

# **SCHOOL HEALTH ADVISORY COMMITTEE MEETING MINUTES March 8, 2018**

The School Health Advisory Committee met at 7:00a.m. March 8 in the Elementary Computer Lab. See sign in sheet for members present

Vicki Collins was reviewed by the state this week, we will get the official report in 4-6 weeks. She was told we are doing everything great and our Wellness Policy is good, but we need to make some changes. We now have a Coke vending machine at school and that needs to be added to the policy that it will be turned off during school hours. She gave a copy of the Local Wellness Policy Report Card. It has space for our SMART (specific, measurable, appropriate, realistic and time) goals then area for comments when we review at 1, 2, and 3 years. This will keep us on the right track. They want us to get more people involved in SHAC. They want parents and students present, along with community members. We may need to do an evening meeting. All members discussed we would like to have administration and coaches present. Our goals are to keep everything as healthy as possible and to get word out to staff and parents about wellness policy. Brooke Darnell suggested we have a Wellness Policy quiz/survey that we could do at the beginning of next year. We could do this on google drive. The winner could win a prize. We need to get word to parents and teachers about school parties and not having all junk food.

Rolanda Lawler went to a Trauma informed School meeting in January. She gave us all a hand out on “changing the question”. We also watched the Every Opportunity video. This showed how we treat the kids can change their day. It starts with the student getting on the bus and saying hi to the bus driver and the bus driver telling them to move it to their seat, then not getting greeted at the door or class and so on throughout their day. Then it showed how we can make a difference from the bus driver fist bumping and high fiving, to a welcome to school at the door, and the teacher smiling with explanations. We discussed how we have a heart and love for our jobs and students, but we know we can get worn out and not as pleasant. This video was a great reminder how big of an impact we have on kids. Brenda Grass said we have a state mandated statement on our website, but we need to develop a Trauma informed school. A Trauma informed approach is an approach that involves understanding and responding to the symptoms of chronic interpersonal trauma and traumatic stress across the lifespan. 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

Next Meeting April 19 at 7am in Elementary Library

