

School Health Advisory Council  
Minutes  
November 26, 2018

The School Health Advisory Committee met at 3:15 p.m. on November 26th in the Elementary Conference Room. See sign in sheet for members present

Vicki C. reported that we got a great review from the state, but there are still things they would like to see changed. All soda machines on campus must have a picture of water on the outside. She has talked to our Coke representative and will continue to ask. They recommend we make a birthday party policy and tell parents they can only bring healthy snacks. There was discussion about trying to make 1 party day for all class birthdays in that month. Crystal T reports that many times parents just show up with treats and they don't even have warning. Another state recommendation is they want teachers to check off when they hand the child the sack lunch on a field trip to ensure they are getting it. Rolanda L. reports a parent asked if water was available for sack lunches, Vicki C. told her yes it could be water or soda. The same parent asked about fruit in the sack lunch. They do not serve fresh fruit in the lunch, but do serve fruit roll ups. The state recommends the students have recess before lunch. They say this is because the students are hungrier after play and won't rush out of the lunch room for recess. The final item the state recommends is Fuel to Play 60 minutes of exercise per day. They want every students receiving 60 minutes of exercise/play per day. The Elementary administration and teachers would like to have a big play room where kids can run and play on days of indoor recess.

Ladia from Webster County HD reported that the state wants to push a campaign to limit screen time. She gave us information we can give out during wellness week. She also talked about Pertussis and how there has been a confirmed case in Webster County. If we have a case of pertussis (whooping cough) in the school, then unvaccinated students that have had direct contact (3 feet) need to stay home 21 days. If they get vaccinated they will need to wait a week before they can come back to school. There is a lapse in vaccination protection in kids ages 7-12. There is a 10% failure rate in all vaccinations. Ladia brought information on gun safety, a flu skit for older students. She gave handouts that can be used for Wellness week and Fit-tastic a movement campaign.

Healthy Recipe Exchange for staff. In January the buildings will do a healthy snack day and everyone should print a copy of the recipe. The definition of healthy is up to the individual. It can be salads, or a healthy substitution.

Wellness Week will be April 1-5<sup>th</sup> 2019. Nurse's Rolanda and Anne will look over information from HD. Teachers can gather anything they see and turn in to collaborate. We will plan more at next meeting February 25, 2019 at 7:00 in Elementary Library.