

SCHOOL HEALTH ADVISORY COMMITTEE MEETING MINUTES September 21, 2017

The School Health Advisory Committee met at 7:00a.m. on September 21 in the Elementary Computer Lab.

We discussed staff wellness. We have \$892.46 from MET wellness to give as incentives this year. We discussed to use half the money this year in case we don't get any next year. If we have 100 people participate in the HRA we will get \$800. Most years 60 participate. Health Risk assessments for the staff are Oct 18 at the HS and Oct 24 at the Elementary. Vickie Collins suggested we have a computer lab available for staff to get help with sign up. Nurse Anne will secure a lab and set a date. We decided to do a random drawing and give 4 people \$50 cash, and 10 people \$5 Common Grounds gift cards. Staff flu shots are Oct 13, and we decided we will do a random drawing and 1 staff member will get a \$25 Harter House gift card. We discussed there wasn't usually much participation in the Maintain, Don't Gain challenge from Thanksgiving through New Years. We will save our incentive money to do a wellness challenge after the first of the year. We will ask other staff what they would like to do for challenges other than Biggest Loser. Some ideas Nurse Rolanda had were sleep challenges to encourage staff to get 7-8 hours of sleep each night. We will discuss and plan in our December meeting.

Nurse Anne talked to the Webster County Health Department. They will possibly do Hepatitis B shots for our at risk staff members such as food service, janitors, para's, special ed teachers, and bus drivers. Nurse Anne will send an email to heads of those departments to find out how many are interested.

We reviewed the Wellness policy and made notes additions to it. For example, changing "adequate time to eat" to 20 minutes. Vickie Collins will send Nurse Anne the state requirements for meals and we will add that in place of "follow USDA requirements for Federal School Meals Programs." We will add the cafeteria will have supervision and they will eat at appropriate hours. Nurse Anne will add the additions and send to English teacher for organization and we will go over it at the December meeting.

Our next meeting will be in December.

