

**Student Wellness Advisory Team  
January 18, 2018**

**Mission:** The mission of the Student Wellness Team is to educate students, parents, and staff to promote healthy lifestyles and environments in order to improve their health and performance.

**Purpose:** To provide education and promote healthy lifestyles and environment to improve the health and performance of students, parents and staff.

**Expected Outcomes:**

1. Welcome New Committee members
2. Review Progress and Activities for 1st semester
3. Discuss Next Steps

**Upcoming Dates:**

- 1/18/2018 - North Tech/NV
- 3/29/2018 - South Tech/SV
- 5/21/2018 - Board Room SSD CO

**Starting Time:** 10:00 AM

**Ending Time:** 11:00 AM

**Location:** North Tech Library

| <b>WHAT? (Content/topic)</b>  | <b>WHO? (Presenter)</b>    | <b>TIME REQUIRED</b> |
|---|----------------------------|----------------------|
| Welcome/Introductions   | Pendergrass/Gillham/Conley | 10                   |
| Update Team<br>Review of Progress/Activities<br>What went well – areas to improve | Pendergrass/Group          | 20                   |
| Feedback from students and Ideas  | Pendergrass/Gillham/Conley | 15                   |
| Discuss Next Steps and Activities   | Pendergrass/Group          | 10                   |
| Other information:  | All                        | 5                    |
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## Notes from Last 1/18/2018:

### Minutes for School Health and Wellness Advisory Team

#### 1. Welcome

Going over notes from last meeting.

- Who regulates air quality?
- John Mueller – Public health take and build into template and build for SSD.  
Put information in a grid – recess and gym.

Feb 2<sup>nd</sup> is Heart health/Hoops for heart!

#### 2. Update Team Review of Progress/Activities

What went well/what didn't

##### Bridges

- Melinda- softball unit, soccer, badminton tournament. Fun Fridays
- PE Teacher - Track and field in April – set up pressure screening. Help to see activity level @Vianney with Special Olympics

##### Ackerman PE

- Trampoline Park – Altitude. They reached out to us and let us go for free. They dim the lights, add music. Let us have the space just for us. Kids loved it!
- Blues Street Program – first week of March – mascot and a few players for hockey equipment. Little presentation on street and floor hockey.
- Nurse: Dental van went well. Students had some fillings. Tooth fairy is coming next week – it's a play and everything.

##### Northview nurse:

- We have Kick ball, softball, disc ball tournaments.
- Have 2 basketball teams now. Kids are loving that! 4 and 3 games so far. There is also a cheering squad!
- Busy with vision, dental, hearing screenings. UMSL came in 75 kids ended getting screenings done.
  - Come back for kids that fail... some are supplying glasses for them. 8 wk. program from different departments. Run by students in the program.

Litzsinger nurse: The dental program coming back in May. Trust built with students they are there to help them. Some were scared.

- Some students are receiving eyeglasses after screenings.
    - \$1500 for healthy snacks in the nurses office and received a grant thru Carney's Kids.
  - Eating cottage cheese, cheese sticks, protein bars. We are supplementing what we are already giving them in the cafeteria.
  - Diabetic kids are noticing they feel better with healthier snacks.
    - Dollars for dairy. Started in early January.
  - The kids love cutie oranges. They find if they can peel them on their own, they are more apt to eat them. Oranges are hard to peel –We are trying to find the barriers.
- 
- Sodexo
    - Fresh fruit program – provide apples, oranges. Funded by the state. The program fruit can be served outside breakfast and lunch time.
  - Each lesson is focused on healthy eating lifestyles.
  - Was a mention about roasted sweet potatoes and overnight oats
  - There is an app coming where students can go in and look up food items with nutritional information. Believe it will happen at the end of the school year. The menu will link directly to food, and the Nurses will have all access. In the process of developing the new software.
    - Primero Edge is the name of the software.
  - Student: Would like to have cups of yogurt add some frozen strawberries, granola? Has to have grain first, then the meat is second grain. Provide feedback to USDA. They know out in school districts is not popular and hope they change that.
  - E Scott: breakfast high sugar and carb contents overnight oats. Increase eggs, less carb heavy items. More of a variety. 5 days of breakfast. Students are really active, work out 1<sup>st</sup> hour. Want to be able to feel full throughout the day. Smoothie King comes once a week fund raiser.
  - Sodexo: We can do grits, hot cereal, dried fruit, granola, Salad bar for students and staff.
  - Student: spinach not iceberg lettuce. Fudge pop-tarts...something more naturally sweet.
  - Wendi: All schools Annual safe and healthy surveys are coming.
  - E Scott: Has seen an increase in females being part of weight training. Would like students to be able to officiate games thru guidelines.

- We have NP in the building. If the students haven't been able to get the doctor, they can see the NP. Dental has thrived.
  - Clinic is every Monday, Wednesday.
  - Open gym during second lunch. Students need to have movement. The gym, band room are available for student's wellness as a whole and as a community. Self-esteem is a really big part of school environment. After school snack has worked really well for 3<sup>rd</sup> year!
- Sodexo- state audit sometime in the 18-19 year.

To do:

1. SSD format Heat Cold grid next meeting
2. Call Altitude
3. P-card for Litzsinger nurse
  - a. Dollar for Dairy
  - b. Fresh fruit program
  - c. Salad bar
  - d. NP schedule put on cool tips
4. Ilene about EAP programs may concentrate on each program maybe once a month.
5. Blues Program – get info out to schools