

**Student Wellness Advisory Team  
February 18, 2020**

**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 Committee Staff members
2. Updates from our AC and EPS Nurse
3. Heart Health

Upcoming Dates:

2/18/2020 Location 1:00 PM Ackerman Conference Room  
5/4/2020 SSD Board Room 4:30 - 5:30 PM

Starting Time: 1:00 PM

Ending Time: 2:00 PM

Location: Neuwoehner Conference Room

WHAT? (Content/topic)	WHO? (Presenter)	TIME REQUIRED
Welcome/Introductions	Pendergrass/Gillham/Conley	10
Nursing Updates	Conley/Gillham	10
Updates on School Activities What activities Schools are doing for Heart Month	Group	15
Presentation: Heart Health	Gillham/Pendergrass	20
Other Information	Pendergrass	5

Nursing Updates:

Flu shots

This week is the biggest activity for both A and B Flu

Prevention wash hands, do not share items and there is still time to get shots  
Back to School Vaccinations May 14<sup>th</sup> and August 27<sup>th</sup> 10:00 Am till 1:00 Pm at  
North Tech 18 or under no insurance or under insured it is free.

Sometime in March 2020

School Nurse will look and be using virtually to a Physician through Zoom. They can  
diagnosis, write a script, and it is free of Charge. Information will be added to the  
Nursing Website and a packet to welcome the families to the Virtual Diagnostic.

Things Suggested by students”

Going outside North Tech Track

Wellness – Sensory Room – Running in PE – Treadmill – mac and cheese – hot sauce  
– pizza roasted broccoli – salad – fruit

Food –

Add weights – volunteer to help they don’t keep them closed up in one room – they  
need to maybe to check up on sauces. Plastic wrap to cover – more healthy snacks  
at store – healthy drinks, water tea, flavored tea, sparkling water,

Hoops for Heart – They are teaching us how to do basketball –

What can we improve on PE stretching, walking, running, check lights – fur is  
coming down sometimes

Health Stuff for the students -

Access to Social Work – Fidget Room

Yoga classes – exercise – steps on mindfulness – hearing and vision screenings

Nurse Updates:

Dental health, Dental Bus ant Neuwoehner and Northview, Ackerman, Heart Heath  
for hands only CPR.

Litzsinger – Kids Heat Challenge Events is on the 28<sup>th</sup>, Healthy Hearts at Work, blood  
pressure screening at Works, Wellness Wednesday, Yoga 2 times a week for staff –

Neuwheoner – in the middle of Wellness Month – heart Healthy with a 19 Day  
activity challenge. Each class has to raise heart rate, mate ball tournament, Vision  
and Hearing Winter, Dental in fall.

Next Meeting May 4<sup>th</sup>

