

**Student Wellness Advisory Team
February 26th, 2019**

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. Presentation from
3. Updates from our AC and EPS Nurse
4. Incident Report
5. Student Wellness Discussions/Updates
6. Review Updates on Sites

Upcoming Dates:

5/6/2019 SSD Board Room 4:30 - 5:30 PM

Starting Time: 1:00 PM

Ending Time: 2:00 PM

Location: Northview Conference Room

WHAT? (Content/topic)	WHO? (Presenter)	TIME REQUIRED
Welcome/Introductions	Pendergrass/Gillham/Conley	5
Nursing Updates and Presentation Stop the Bleed	Conley/Gillham	35
Student Wellness Discussion	Northview Students and Group	10
Site Wellness Updates Student Incident Form	Pendergrass/Group	10
Review Site for suggestions	All	5
Other information: Next Meeting 5/6/2019 SSD CO Bring updated activities for year		

Welcome

Nursing Updates:

Presentation Stop the Bleed and National awareness campaign

- A – B – C- of Bleeding – A Call 911- B – Find the bleed injury C – Compress – apply pressure
- Showed Video on how to provide support if you encounter to someone who is bleeding.
- Students and adults practiced

Back to School immunization May 15, 2019 and August, 15 @ 8:30 – 1:00 PM all Students attending NT, Ackerman, NV

Flu activity – did increase – student received 1:1 on nursing

Student Wellness Discussion:

- Food is ok, homemade pizza and nachos
- food is ok, Serve yourself Salad Bar
- Condiments – I love Honey Mustard
- Breakfast Waffles – Dutch Waffles
- Possible look at getting cups of fruit

Review Sites for suggestions:

- Possibly a Ladies/girls basketball team
- Along Drill team and Step team
- Offer tutoring
- Carnival – and Wellness Day Picnic
- I like when our own class has activities Certain amount for everyone – More items for leaders for School Stores
- Maybe look at doing some type of activities for other students then Leaders
- Prizes for students have who keep gaining points
- Heathy Life Styles Activities

Northview Updates:

- Hoops for Heart Milk Mustache Selfie booth
- Journalisms – is working videos of Bullying
- 6 Basketball Games, Black history Month Presentations – PBIS celebration – Dances, Special Olympics Events
- 7 students received glasses – Milk Programs – Spring Dental Van Visit April
- Northview Health Eating Cook Book

Neuwoehner Updates:

- Hearing Screening
- Dental van, basketball and bowling – hosted Mat Ball Challenge Day Basket Ball
- Performing Arts Play addressing Bulling – Dance tot eh Drum – Kindness campaign Donation Kids with Cancer - Management portions
- Facebook page for meal prep and exercise, water exercise challenge 90oz. of water a day
- Trauma informed Yoga – Extra time in Gym – Rent a Gym – Upgrade weight room.

Litzsinger Updates:

- Hoops for Heart Yoga twice a week for staff
- Food drive for 10 families for over spring break

Ackerman Updates:

- Wellness Week May 11th for Healthy food trucks – Healthy Options mammogram – finger sticks, Dental Van – Eye Exam for Wellness
- Students sign up for multiple activities – Health and Wellness – North Campus collaboration
- Kids Heart Challenge – Activities for student that are physically impaired

Next Steps:

- Investigating getting the Stop the Bleed?
- Get Contact information to place
- Mercy Ministry all Resources One in each school – Cool Tips sites
- Suggestions of Mindfulness – Before each class – but definitely at the beginning of the day 3 – 5 – 10 minutes of calm and stressed.