

## Notes from Last Meeting: 10/2/2017

### Minutes for School Health and Wellness Advisory Team

To do:

1. put smart snack link onto SSDLife for resource
2. Giving information/changes to Dr. Bauer
3. Bounce houses? Mattresses?
4. Family Engagement – Wellness meetings with Families

#### 1. Welcome

- Wendi: Notes agenda needs to be public.
- SSD Life Cool tips District Wellness  
Family's ideas-activities, unique things, provided student supports.  
Will be advertised for family and staff use.
- Common letter send home to families for all unique issues, strep, fever, bed bugs, lice, pink eye, etc...
- Letters that are out there that are not updated. Some are in the school handbook. Seeing as group that you have questions about? Not for every single issue. Bed Bugs, go to CDC website for recommendations.
- John M: Venereal diseases? Part of reason I do not use the letters, are not used properly for student.
- Wendi: January 11<sup>th</sup>. Site visits next will be North Technical High School. For this meeting, send copies of letters that are happening. Generally we use school form/checklist.
- Wendi: Would like to have same procedures at all schools.

Give some leeway for student's example: strep without fever.

- Wendi: Practices are not being followed.  
They are staying and not going and then returning the next day.  
Most parents send the student back to school.

#### 2. Presentation Yoga Ed Not coming ☹

#### 3. Health Snacks Review

- Schools have started fundraising. Cupcakes and cookies posted on walls at school. Would not be a healthy snack.
  - Exempt fund raiser form. Group of teachers are in charge of them. 5 that meet smart snacks guidelines.
  - Overnight oats – putting into cafeteria. Students liked them.
4. Review of Regulation and Policy – Measure for year
- Wendi: Wellness Program Policy ADF 1-3pgs. Snacks given to students by teachers – be smart snacks. Rein-forcers may not be as healthy, we do realize that. Can also be covered in IEP's.
  - PE fitness graham to track physical activities. Thumbs up!
  - Wendi: Other School based activities  
Celebrate!!! WE DO A LOT ACTIVITIES!!!
  - Tony: Kids really like Special Olympics  
Northview has basketball teams (4)!

Wendi: Regulation 1-9 pgs.  
How to: Gets implemented in our schools.  
Information to the board

- Pg. 1-2  
Nutrition Education – updates Good
- Pg. 2  
Nutrition Promotion – Good  
Who's promoting? Not a lot of time for that.  
Lunch then recess – research says it's a good idea for Recess and then lunch.  
High School – not required to have recess K-5 and 6<sup>th</sup>. Elementary is mandatory
- Pg. 3  
Meal times  
Wash hands before lunch  
Freeze and heat warning. Checking on what is most current?  
Heat index – changing

- Pg. 4  
Physical activity – coaches do all of that.  
Trampolines, safe? Seen in our schools? Individual trampolines, There is no liability for them as long as they stay maintained. Bounce house? Square mattress?
- Pg. 5  
Other school based activities.  
Community events @ Family fitness group declined and had to cancel. 5 family members when had a meeting during the day

Dina – send diabetics list

- Pg. 6  
Outdoor Air quality –per school Administrator  
Who is contact?
- Pg. 7  
Health curriculum – for sunscreen?  
Tobacco – 3 wks ago bi-state went smoke free. Includes E-cigarettes.
- Pg. 8  
BMI – part of fitness graham measurements

Monitor:

Special Olympics, Physical Fitness reports, staff participating in District wellness activities, student absenteeism.

#2, #3, #9, #11

## 5. Other information