

SCHOOL HEALTH & WELLNESS ADVISORY COMMITTEE

Meeting Notes - September 23, 2015

The School Health & Wellness Advisory Committee meeting began at 6:05 PM with nine committee members in attendance: Laurie Beaton, Terry Brown, Scott Burdick, Kayla Corsaro, Heather Gregory, Kelley Ivett, Jill Kenney, Kerry Mihalko, and Kelly Zimmerman.

Jill Kenney spoke about the UB Dental Program, S-miles To Go. Currently, 24 schools in Chautauqua County participate in this mobile dental program, seeing thousands of patients a year. The program is staffed by UB pediatric and general dentists, dental hygienists, UB dental students and dental assistants. They offer screenings, preventative services, restorative treatments, referrals for acute cases and educational services. There is no cost to the school. Program administrators assist with required paperwork and financial assistance. Paula Fisher is the contact for the dental program. Jill will send Kelly Z. the information and Kelly Z. will share with Scott Payne. Kerry also suggested looking into some sort of advertisement for the adult dental program offered through UB.

Kelley Ivett wrote the first School Health & Wellness Advisory Committee article for the August/September 2015 Pine Valley newsletter. Kerry will write future articles and forward to Debbie Hooker.

“Late Day Café” was discussed. Terry Brown spoke about past experiences with a similar program. In the past snacks were sold by Student Council as a fund-raiser. Students did not respond well to the choices offered. We will survey high school students, and possibly teachers & coaches, about what they would like to see served, possibly using a Google form (Kayla & Kelley I. will collaborate). An order form could be used for students to choose what they would like to order so Terry could have items ready for purchase after school. Terry is also willing to adjust her schedule so that she would be available to serve students after school. There are elementary students that would benefit from a snack, too (such as swim team members). Terry will look into free and reduced after school snack/supper grant availability.

Monitoring elementary students between school hours and late day sports was discussed and needs to be addressed further. There is a need for a program of this type that could possibly combine Parents and responsible teens that need Community Service hours to run an after school program for swim team members. (Many legal issues would need to be considered.)

It was discussed when the next SHWAC meeting should be. The best day of the week for the majority of present committee members was Wednesday. We will also have an earlier start time. We set the next meeting date for Wednesday, November 4, 2015 at 4:30PM. Kelley I. will check Board Room availability for that day and time.

This school year there is a 3-3:30PM block that the Fitness Center is closed. Kayla will talk to Stacy Chase about adding coverage. If open, there are many students and employees that would utilize the Fitness Center between 3:00 and 4:00PM.

SCHOOL HEALTH & WELLNESS ADVISORY COMMITTEE

There is a nice network of nature trails behind the school. Jeremy Daly-Griffen frequently uses these trails for preK class centers. It would be nice to find someone interested in facilitating an Adult Education course to promote community use.

Staff wellness was discussed. A School Wellness Survey could be deployed to staff during 2016 In-Service. The results can be used for personal consideration as well as satisfying the School Health Index regulations. The School Health & Wellness Advisory Committee also will use the results to steer future policy and program implementation. Jill and Kerry will investigate different surveys geared for adults and students. We will discuss if and when we should deploy a new survey at the November meeting.

Scott talked about the American Dairy Association's Fitness for Kids Challenge. He passed out program information and showed the website. "5210" stands for 5 fruits & veggies, 2 hours or less of screen time, 1 hour of play and 0 sugary drinks. The program looks like it is classroom based and Kelly W. discussed that there could be a curriculum connection to common core health standards. Laurie Beaton will oversee this and check with elementary teachers who used in the past and who may be interested for this year. Even though there is a deadline, Heather Gregory checked with her Dairy Princess contact, we still may be able to enroll this year. Heather also suggested using the Dairy Princess Court to pass out healthy snacks.

We have an interested 5th grade student to serve on our committee. Collin Gregory, Heather's son, will be our elementary representative. Kayla will canvass for a high school representative from her health classes.

The Health Fair is set for May 17, 2016. We would like to have brochures explaining the School Health & Wellness Advisory Committee for the public. Jill will keep us posted as we get nearer to the date.

Encouraging healthy options for bake sales and after school activities was discussed. Kerry recommended the best way to approach this was by offering suggestions. Kelley I. and Heather will work together to create simple, healthy recipes and post them on the PVAL website.

There is a continuing need to educate our community on the dangers of tobacco use. The District tobacco policy at PVCS could also be posted in our committee's section of the PVAL website.

We will continue to discuss ways to encourage new adult education classes in the district. Jill has many contacts for the Health Fair and inviting new instructors, such as Karate or Zumba instructors, to the Health Fair is a good way to encourage community participation and encourage healthier lifestyles.

The meeting adjourned at 7:03 PM.