

# School Health & Wellness Advisory Committee

## 3-2-16 Meeting Notes

The School Health & Wellness Advisory Committee meeting began at 4:30 PM with ten committee members in attendance: Laurie Beaton, Terry Brown, Kelley Ivett, Jill Kenney, Rebecca King, Kerry Mihalko, Paul Mihalko, Nancy Stock, Kelly Zimmerman and Oliver Kohler.

The committee discussed the results of the School Health Index Survey as follows.

Paul discussed a possible quick fix to create more physical education storage space at the high school. He explained that in other schools, maintenance departments have removed gymnasium bleachers that were in disrepair to create storage space. He also asked Laurie how often the two elementary locker rooms get used and what the daily need is. This could be a future consideration for more elementary storage space. The administration is discussing the physical education schedule and how we are meeting standards with current staffing and scheduling.

Laurie would like to see a [Brain Gym](#) area added to our campus. This could be a great way to keep kids moving throughout the day. Lengthening fitness center hours was again discussed, but would need BOE approval for extra staffing. Paul commented that we are making progress with intramural basketball that is being held currently.

Facility safety was addressed in the survey. The elementary playground is in need of more woodchips. Paul will contact Tim to make sure this is addressed as soon as the weather permits. There was a suggestion that abrasive strips could be applied in the pool area to avoid a potential slipping hazard. Oliver said most schools do not have this. He did say that some schools use door mats in high traffic areas. Paul will also talk to Tim regarding our safety compliance for the pool area.

Nutrition Service rated well in the Index Survey results, but work on scheduling longer breakfast times for middle and high school students needs to be addressed. Paul, Terry and Joe Goodway will soon meet to discuss the schedule for 2016-17. The excessive noise level problem in elementary cafeteria during lunch will be addressed through next year's scheduling. The food quality at the high school is also due to middle/high school scheduling times and the need for busing the food from elementary to high school. Terry and Deanna have been working on a few exciting grants. Deanna hopes to attend the next meeting and have information to share about the Late Day Café, which we anticipate to start next fall 2016.

Nancy noted the fact that this survey showed that we do not have several policies in place, such as a healthy behaviors and breastfeeding policy. She will take this to the Board of Education policy committee.

Paula Fischer presented on the upcoming S-Miles to Go UB dental program. Insurance is accepted, as well as private pay, too. UB processes the insurance paperwork for all services. The parent consent form is now on the web in both English and Spanish. The program has pediatric dentists and dental students who are all very excited about this program. The portable equipment will be here next week to screen for preventative procedures prior to the April 25<sup>th</sup>

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arrival of the dental van. The van will be here for more extensive procedures. The dental van will service students only and will be based at the elementary building. High school students will be transported to the elementary as needed for services. A new dental center is slated to open in Jamestown through TCC and would serve the adult population. The flyers will go home with to all district students on Friday, March 4th. Kelley will also set up table for parents with the dental van information during the March 17<sup>th</sup> parent/teacher conferences.

Melinda Jones spoke about her interest in starting a local fitness studio. She is currently studying to be a group fitness instructor and plans to have her ACE certification within 3 months. She hopes to begin instructing this fall. She will have insurance to cover herself. She intends to start slow, possibly with adult education classes. Kelly pointed out that she should touch base with Deanna S regarding insurance and that our building use forms will soon be electronic so it will be easier to make use of all available space. In addition, Melinda expressed interest in instructing 'group filler' classes for staff fitness. Kelley will make sure that Melinda has contact information for Kelly Z., Laurie, Mark Chase, and Deanna.

The need to assist staff with healthy habits was discussed. Laurie is willing to work together with Melinda to create a staff assessment. A conversation about extending an invitation to district staff to take CPR/AED classes at Pine Valley when it is offered was deliberated. The committee sees this as very beneficial to the district.

Jill gave a quick update on the upcoming Wellness Fair on May 17. She sent invitations and should soon know who will need space for a booth. The Chautauqua County Health Network will be holding a community conversation and serving food between Wellness Fair and evening concert.

Kelley received SNAP flyers from Brook Barone, the Chautauqua County Nutrition Outreach Coordinator. Kelley spoke with Scott Payne to make him aware that we would like to provide this information to the Pine Valley community and Scott asked that the committee approve the distribution. After a short discussion, we agreed to make this information available to our community by posting on the website, in the newsletter, and sending home the flyer to parents. Posters will also be displayed in prominent areas around campus.

A School Garden club was discussed. This could partner with our cafeteria to create a composting project. The School garden group/club should be created to assist in the creation of a school garden. A meeting time for planning with interested teachers, Kerry, Isaac H., and Cindy Snyder will be scheduled in April. Kerry has a contact at SUNY Fredonia that could also be of service.

The next meeting is set for May 16, 2016, beginning at 3:30 PM.

The meeting adjourned at 6:35 PM.