

**Student Wellness Advisory Team
March 29th**

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 New Committee Student and Staff members
2. Updates from Nursing
3. Review Progress and Activities
4. Discuss Next Steps

Upcoming Dates:

5/21/2018 - Board Room SSD CO

Starting Time: 10:00 AM

Ending Time: 11:00 AM

Location: Southview Conference Room

WHAT? (Content/topic)	WHO? (Presenter)	TIME REQUIRED
Welcome/Introductions	Pendergrass/Gillham/Conley	10
PE form – upcoming immunization Clinics, Non-FDA approved meds	Conley/Gillham	20
Update Team Review of Progress/Activities What went well – areas to improve	Pendergrass/Gillham/Conley	15
Feedback from students and Ideas	Pendergrass/Group	10
Discuss Next Steps and Activities	All	5
Other information:		

Meeting notes 3/29/18

1. Welcome new committee members
2. PE form upcoming immunization clinics, Non-FDA approved meds
 - a. Federal Drug Administration – safe enough for children? Adult’s to get the treatment based on safety guidelines. Drug trials...studies.
 - b. Mom dad brings medicine in. The nurses will give the parents information regarding the medicine being taken at school.
3. Update Team
 - a. Review of progress/activities
 - i. Litzsinger PE - Finished up HOOPS for HEART. Starting track and field days in April and May
 - ii. Litzsinger - Doing Wellness Wednesday’s – over the entire year. Good Bad Ugly Carbs. Students like healthy food/snacks from Carney’s kids Grant. (\$100 month), Mobile Mammography is coming soon, just finished Biggest Winner.
 - iii. South Tech – staff supported healthy snacks, low sugar items and fruit cart. First thing in the morning and mid-day. A lot of kids are free and reduced that cannot get the snacks. We charge the students 25cents. Carpentry students built a fruit cart and we use it for Fun Fruit Friday. On Friday’s the teachers ask student pop questions, and if they get them correct, the students get a free healthy snack. We have student ambassador who took pledges for Driving Not Distracted. Heart Rope Help, students gave out stickers. The vending machines do not have anything healthy.
 - iv. Southview - Raised \$1000 for Hoops for Heart. Also have Word of The Month with Dr. Suess Day. Do not have a snack shop – was not enough healthy choices for the students to buy.
 - v. Wendi – SEF give mini grants. Adrienne is our Family Engagement and Outreach person. She is working on a beyond the classroom account for extra items
 1. Work with Concerts for fundraisers
 2. 22 people per concert. 4 Nights -Opportunity for us to make money and would go to all the schools. Leaving it up to the Building Principals.
 - b. What went well/areas to improve
 - i. Sodexo not in attendance today
4. Feedback from students and ideas
 - a. Clinic on North campus. Exploring a clinic for Southview, South Tech
 - i. Clinic will be able to prescribe medicine. Swab for Strep and Flu.

- ii. Snacks in boxes, more variety, Yogurt, Beef Jerky, clementine. Frozen yogurt. Flavored milk? More veggie options, salad bar. Would love cheese quesadillas. Would like to get more exercise, maybe a weight room or track.
 - iii. Would like Dodge ball back in PE. Toga? Due to construction we do not have a paved pathway for wheelchair accessible students. Would like to have Obstacle course type activities.
- 5. Discuss next steps and activities
- 6. Other information
 - i. Safety and Security – John Mueller
 - 1. Went looking for the safety of the students at the buildings. Making sure the cameras throughout the buildings are up to-date. Make sure the back doors are locked at all times. Paras and Southview will be able to go to Safety training in May.

Notes: Grab and go, Milk instead of yogurt? Slim Jim?

Dynamic vending more options – move in better direction.

Stations for exercise? (Would have to be outside)