**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

<table>
<thead>
<tr>
<th>Starting Time: 10:00 AM</th>
<th>Ending Time: 11:00 AM</th>
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<tbody>
<tr>
<td>Location: Southview Conference Room</td>
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<table>
<thead>
<tr>
<th>WHAT? (Content/topic)</th>
<th>WHO? (Presenter)</th>
<th>TIME REQUIRED</th>
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<tbody>
<tr>
<td>Welcome/Introductions</td>
<td>Pendergrass/Gillham/Conley</td>
<td>10</td>
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<tr>
<td>PE form – upcoming immunization Clinics, Non-FDA approved meds</td>
<td>Conley/Gillham</td>
<td>20</td>
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<tr>
<td>Update Team Review of Progress/Activities What went well – areas to improve</td>
<td>Pendergrass/Gillham/Conley</td>
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<tr>
<td>Feedback from students and Ideas</td>
<td>Pendergrass/Group</td>
<td>10</td>
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<tr>
<td>Discuss Next Steps and Activities</td>
<td>All</td>
<td>5</td>
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<tr>
<td>Other information:</td>
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</tbody>
</table>
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
3. 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)