Meeting Norms

- Respect time and participants
- Maximum length of one hour
- Personal needs
- Two meetings for the year
Introductions

● Share your name

● Share who/what you are representing

(In attendance: Denny Lawson (School Board), Jason Perkins (Central Office), Tonia Herbold (RMS Principal), Piper Wright (Sweeny P.E. teacher), Natalie Botkin (District Head Nurse, Wellness Committee Chair), Somer Norman (Nurse Practitioner - Republic Jordan Valley)
Purpose

- Celebrate the district’s health & wellness initiatives.
- Continue to support the comprehensive district wellness program in place.
- Seeking new ideas for engaging employees and students in future health & wellness activities.
- Meet bi-annually to evaluate the above
Wellness Model

Coordinated School Health Model

Eight components
- Comprehensive school health education
- Physical education
- School Health Services
- School Nutrition Services
- School Counseling, psychological and social services
- Healthy school environment
- School-site health promotion for staff
- Family and Community involvement

Whole School, Whole Community, Whole Child
New model emerging with 10 points and still ranks employee wellness as a top 10 key component.
District Wellness

Purpose of Staff Health & Wellness

Primary goal:

Improvement of employee health, productivity and morale.
If successful, will increase the likelihood teachers will:

Serve as healthy role models
Participate in implementing effective student health programs
Assist in presenting a positive image of the school to the community
Why should the district wellness program exist?

Number 1 cause of death in the United States
Health crisis

American Heart Association 2020 Impact Goal
Improve CV health 20% and reduce mortality by 20%
Support smoke free
Encourage active lifestyles
Reducing sugar beverages
Blood pressure control
Glucose and Cholesterol management
Increase number of high school graduates with CPR skills

Prevention is key
How do we help with prevention?

Offer support and education to employees choosing to make lifestyle changes
Create opportunities for employees to participate in healthy lifestyle challenges throughout the year
Encourage friendly competition among co-workers to boost participation
Provide on-site health risk appraisals, regular blood pressure checks, flu shot clinics and mammograms.
Advocate for employee wellness
Identify resources for employees to access care
Partner with administration to promote programs such as AHA Jump Rope for Heart & Hoops for Heart
Survey employees for input
Mets Wellness

Total Wellness
On-site Health Risk Assessment
  Lipid panel, glucose, hip/weight measurements, blood pressure
  Other optional screenings available
Online Wellness Portal
  Wellness Coaching, dietitian services, exercise trainers
Healthy Lifestyle challenges (various programs)
Direct Connect (telehealth)
Monthly health and wellness tips such as “sitting is the new smoking”
CPR classes
  Staff - offered at various times throughout the school year
  Students - CPR in Schools grant and state law
AED’s 13 across the district (will be adding 2 at new activities facility)
Student Health & Wellness

Purpose: Children must be educated to be healthy and healthy to be educated
Primary goal is to teach students to be lifelong learners as well as lifelong healthy hearts.

Jump Rope for Heart
Hoops for Heart

https://www.youtube.com/watch?v=9t8UJME9LeE&feature=youtu.be

Physical Education weekly (RSMo 167.720)
Recess daily (RSMo 167.720)
Run Day, Running Club, ROAR Run, Walking Club
Leader in Me
Nutritious meals (National School Lunch Program)
Student Health and Wellness Changes

Wellness Policy changes (ADF)
  Must have standards for all foods and beverages provided not sold such as in celebrations, class parties & foods used as a reward
  Marketing to children
  Triennial Assessment
  Other

What we can’t change?
  Funding, state, federal mandates
  Activity guidelines (recess and P.E.)
  Healthy, Hunger-Free Kids Act
Student Health and Wellness

Good news about changes to policy ADF

It’s for the right reasons

We get to decide what those standards are for snacks provided

Challenges:

Change is hard, resistance is likely

How do we know we are complying:

Triennial Assessment

Audit

Coordinated effort by Food Service, Health Services and Administration

Wellness Committee review, meetings and meeting minutes
Plus

Great overall information
Talking about building communication to patrons early for expectations
Partnering with PTO/teachers to educate parents on new changes
Excited we are moving in a great direction
Keeping to time limit, powerpoint and handout

Delta

Anticipating parent push back for changes
Difficulty for parents with kids selling cookie dough etc but not able to consume at birthday, PTO party etc
Solutions

Communication from Principals/Building Administration
Meet with PTOs
Alternatives activities/food/snack list
Need to make sure we do a good job communicating to parents and teachers.
Examples of food
Wrap Up & Next Steps

● Final questions regarding agenda?

● Next meeting, Spring 2017

● Please complete quality tools.

● Thanks so much for your participation!
Health & Wellness Committee

October 24th, 2017