



Health Advisory Committee

Tuesday, November 13th, 2018 4:15-5:30 pm

Willow Conference Room

MINUTES

Attendees: Dillon Barrett; Kristine Barrett; Carol Anne Dougherty; Joe Foecking; Kate Fowler; Zoey Garn; Martha Hinson; Jordan Hoffert; Jean Houston; Natalie Misieh; Carina Raetz; Mary Richardson; Caitlyn Tabeling; Robert Wedel

I. Welcome and Introductions:

Martha Hinson welcomed attendees with a special emphasis on welcoming our first ever students and new committee member Joe Foecking from UC Health. Joe is the Director for Rehab Services at UC Health Memorial and has a passion for improving health and wellness in our community as well as amongst our youth. Natalie Misieh, Mary Richardson, and Caitlyn Tabeling, students from Rampart high school joined our committee as well as Dillon Barrett and Zoey Garn from Mountain Ridge Middle School. Attendees shared their response to “Who has helped you become the person you are today and what’s the top thing you’d thank them for?”

II. Updates on the latest in Health and Wellness since our September 2018 meeting

1. Updates from schools and community:

- Edith Wolford shared about their Operation Gratitude campaign. 284 students collected 217 lbs. of candy. A local dentist donated a dollar per pound as well as paid postage to send this candy to our soldiers overseas. Edith Wolford also had an Art Therapy night for their staff. 22 staff member attended.
- Academy Endeavor also shared about their Operation Gratitude campaign. Students there collected 256 pounds of candy and a local dentist paid for that postage as well to be sent to our soldiers.
- Academy International shared that they are planning a bike rodeo committee comprised of staff and parents as well as their goal of building student confidence and positive attitude through taking responsibility for school building and grounds
- Dillon Barnett from MRMS shared that they are collecting canned goods for the community. Natalie Misieh shared about the Boo for Food Campaign that all D20 high schools participated in during Halloween. Rampart students also shared about their Care and Share Food Drive.

2. UC Health Healthy Hearts Pilot Program in ASD20
 - Attendees received a packet form UC Health Healthy Hearts regarding the program that covers elementary, middle and high schools. ASD20 has approved for 3 high schools to pilot this for the 2018 – 19 school year. DCC, PCHS and RHS. DCC and PCHE will implement this in December and January through their freshman health classes. RHS will implement in January, The committee was unanimously in support of this program and think elementary and middle schools will be excited to bring this to their schools next school year.
 3. Update from Co Leaders Workshop – it was a great day of collaboration and celebrating health and wellness in our schools. Co leaders shared that staff wellness was one of their biggest priorities/concerns this school year.
 4. Update on trends of MS and HS students in El Paso County
 - Martha Hinson shared some data from the Healthy Kids Colorado Survey around substance abuse, bullying, feeling safe at school, vaping, nutrition and exercise. All 5 of our student representatives shared how they perceived this data. All 5 feel that students don't feel as safe at schools as the 86% reported in El Paso County. Students also feel the marijuana use is also higher that what the results showed. (HKCS results attached). All committee members to include students feel that vaping is a major issue in our schools.
 - Martha Hinson shared vaping resources form El Paso County Public Health. Both UC Health and El Paso County Public Health are preparing presentations for student and staff. EVMS has had several student presentations for both 7th and 8th graders. There was good discussion around this topic. Questions from discussion: How do we educate our middle school and high school students? Mary shared that perhaps HS students could prepare a presentation for MS students around substance abuse and vaping. All students feel that students sharing with students is much more powerful than adults sharing with students this education. All students feel that there needs to be more drug and alcohol, substance abuse education in our schools.
 5. Discussion on having more movement in instruction. Our high school students shared that they wish there was more movement in instruction. They feel it helps them to learn more and they miss all of the movement activities from ES and MS.
- III. Goal Work for 2018 – 19
1. Plan for Student Involvement – Martha has emailed all of our IB schools and all schools with AVP students in Health fields. We have had 7 students share that they would like to be a part of this committee. Martha will also share with Sources of Strength Leads in schools as well and follow up with counselors and IB coordinators.
 2. Publicizing our committee as well as updating our website communication, positives on social media, etc. (Health Advisory Committee Communications Recommendations also attached)
 - Joe Foecking proposed that we create a short needs assessment for principals to share their top 5 issues in Health and Wellness last quarter in their schools. Attendees like that idea. Martha Hinson will arrange to get on agendas for upcoming principals meetings to get feedback from principals.
 - Students shared that posting on social media is very effective. Perhaps sharing Health tips or 30 ideas to be safer and healthier.

- Martha will be trained on November 26th to directly post on district social media sites. In this way, we can highlight school events as well as Health and Wellness campaigns in our district as well as sharing the great work of the HAC.
- Seek to form a sub group of our HAC to work more on communication/website piece.

IV. Agenda Item ideas for next meeting:

1. Have DCC, PCHS or RHS to share about UC Healthy Hearts implementation in their school.
2. Allison Cortez will work with us on how we communicate who we are to the public.
3. Share results of principal needs assessment (hopefully)
4. Collaboration and sharing of ideas with more school representation

V. Next meeting: Tuesday, February 26 2019, 4:15 – 5:30. Willow Conference Room at the EAC, Chapel Hills Drive, Colorado Springs, CO 80924

The goal of the Health Advisory committee is to promote, share, and celebrate health and wellness throughout Academy School district.