

**Academy District 20 Health and Advisory Committee**

**February 26<sup>th</sup> 2019, 4:15 to 5:30 pm**

<p>4:15 – 4:25 Welcome and introductions:</p> <p>If today is your first time attending, we are so glad you are here!</p> <p>A very special welcome to all of you!</p> <p>Thank you students, UC Health and Kristianne for your presentations today!</p>	
<p>4:25 – 4:35 Updates on the latest in ASD20 in Health and Wellness</p> <ul style="list-style-type: none"><li>• UC Health Healthy Hearts – district wide 2019 - 2020</li><li>• Updates from schools or community</li></ul> <p>Health Jams, Bike Rodeos, Nutrition, and Sources of Strength Other healthy activities or events?</p>	<ul style="list-style-type: none"><li>• CDE reviewed Sodexo offerings and the review went very well</li><li>• Future Chefs competition on March 14</li><li>• National Nutrition Month – March – consider the smoothie bike</li></ul>
<p>4:35 – 5:00 Vaping Presentation – UC Health</p> <p>Kevin M. McQueen, MHA, RRT, RRT-ACCS, CPPS, CM Director Respiratory Therapy/Pulmonary Diagnostics Pulmonary Rehabilitation &amp; Sleep Diagnostics</p>	<p>See PPT (Mr. McQueen will provide)</p>
<p>5:00 – 5:20 Student Presentation Principal’s Survey – What are the top health issues you see among your students and staff?</p>	<ul style="list-style-type: none"><li>• Top 3 concerns for students regarding health and wellness: vaping, mental health, screen time</li><li>• Screen time is the most prevalent health issue affecting Elementary, Middle, and high school students. Suggestions:<ul style="list-style-type: none"><li>○ Better educate parents and students on the affects of screen time causes stress and lack of activity</li><li>○ Send screen time information and tips home to parents</li><li>○ Invite doctor to health jam to discuss impact of screen time on brains</li></ul></li></ul>

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	<ul style="list-style-type: none"><li>○ Challenge students to have time from screen time</li><li>○ Have high school students train middle schoolers</li><li>○ Schools talk with parents regarding screen time at back to school night and other events</li><li>● Top 3 concerns for staff regarding health and wellness: stress, physical activity, work/personal life balance. Suggestion:<ul style="list-style-type: none"><li>○ Teach people how to manage stress</li><li>○ Outlets like golf</li><li>○ Brain breaks for staff</li><li>○ Diet and nutrition boot camps</li></ul></li></ul>
5:20 – 5:30 Concussion Management in D20 Kristianne Golf, LCSW BrainSTEPS Consultant for ASD20	<ul style="list-style-type: none"><li>● See PPT</li></ul>
Next Meeting – Tuesday, April 30 <sup>th</sup> , 2019 4:15 – 5:30 pm at EAC in Willow	Agenda Items: <ol style="list-style-type: none"><li>1) Healthy Hearts in D20 high schools</li><li>2) Discussion of next year meetings</li><li>3)</li></ol>