



Health Advisory Committee

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

Willow Conference Room

MINUTES

Attendees: Dillon Barrett; Kristine Barrett; Bronwen Bowen; Joe Foecking; ; Zoey Garn; Paula Hergert; Martha Hinson; Lynette Jones; Angela Miller; Heather Taffe

I. Welcome and Introductions:

Martha Hinson welcomed attendees with a special emphasis on welcoming our new committee member Paula Hergert, from El Paso County Public Health. Paula is a Community Health Educator and works specifically youth behavioral health services. Attendees shared their response to various wellness questions.

Updates on the latest in Health and Wellness since our February 26, 2019 meeting:

1. Updates from schools and community:

- Academy Endeavor had their first ever Health Jam that got excellent reviews from students and the community.
- Academy International shared that they are planning a bike rodeo committee comprised of staff and parents. The date for their inaugural bike rodeo is Sunday, May 5th, 2019.
- Chinook Elementary School is also having a Bike Rodeo on May 10th.
- Bronwen Bowen from DCC HS shared that to decrease stress in their students, administrators provided a petting zoo of farm animals as a Healthy Activity. Students loved it!
- Lynette Jones from PCHS shared that Pine Creek has been the first ASD20 school to win a SWAT (Students Working against Tobacco and Marijuana). Lynette shared that the first year of SWAT students have had small successes including Kick Butts Day. Lynette also shared that the Second Chance Program (education and prevention to tobacco and vaping) will now be made part of the freshman health curriculum.
- UC Health –Joe Shared about UC Health’s Brain Injury Alliance and the Pike Peak Challenge that is upcoming.
- American Heart Association named 4 schools as award winners for going above and beyond in their heart health challenge program. Those schools are: High Plains ES, Mountain View ES, Rockrimmon ES, and the Da Vinci Academy

2. UC Health Healthy Hearts Pilot Program in ASD20 – Pilot program has gone wonderfully. All schools will be able to access this program next year from UC Health.
3. El Paso County Public Health – Paula Herbert shared about the programs that she works with that are upstream suicide prevention. Specifically ACES – Acute Childhood Experiences and the need for staff in schools to be trained in how to handle the effects of trauma in our students.
4. Bronwen Bowen, Dillon Barrett and Zoey Garn presented future steps for the 2019 – 2020 school year to combat excessive screen time with ASD20 students:
 - Work on parent newsletter to go out to all parents
 - Video for Middle and High School on dangers of screen time
 - High School students preparing a talk/presentation to Middle School students
 - Work on increasing physical activity/movement in and out of class, especially secondary

II. Goal Review for 2018 – 19

1. Goal: 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.

Update: We have 4 HS students and 2 MS students. Yes!!

Natalie Misleh – Rampart High School

Mary Carpenter – Rampart High School

Caitlyn Tabeling – Rampart High School

Bronwen Bowen – Discovery Canyon High School

Zoey Garn – MRMS

Dillon Barrett - MRMS

2. Goal: Publicizing our committee as well as updating our website communication, positives on social media, etc.

Update: Martha did a video for the E – communicator to share about HAC and how important it is to have members from all facets of our community. Martha and Students presented at Principal’s meetings to share about HAC as well as surveyed principals about the top health issues among students and staff.

**Still work in progress:

- a. Students shared that posting on social media is very effective. Perhaps sharing Health tips or 30 ideas to be safer and healthier. Create social media posts for health tips, Ideas to be safer and healthier, etc.
- b. Communications will have a regular member on the Health Advisory Committee for the 2019 – 2020 school year. .
- c. Form a sub group from HAC to work on more communication as well as improve website. Add more meat to it and pictures. Martha will begin work on this this summer.

**This goal will be carried over to 2019 – 2020 school year

3. Goal: Recruit members to Health Advisory Committee for more school representation as well as community involvement.

Update: Thank you UC Health, Children's Hospital, El Paso County Public Health, students and parents for joining us. We still in need of more representation form schools and administrators.

III. Proposed Goals and Meeting Ideas for 2019 – 2020 school year

1. Work with Chinook Trails Middle School to help get a Health and Wellness Team started there.
2. Along with communication and publicity goal, provide a calendar of healthy events as well as resources for staff and parents.
3. Meeting Idea – Have HAC meetings more often: September, October and December, January, February, late April
4. Meeting Idea: Have HAC members present at Healthy School Co Leaders Workshop in September
5. Meeting Idea – Have our meeting in different building to highlight a school and students and their activities in Health and Wellness. Students from that school building can be a part of the meeting. This would get more student involvement, build better community partnerships with individual schools and can be highlighted on social media. We can also invite the BOE member assigned to the individual school to come to these school highlights in Health and Wellness.

** Martha will prepare Google survey to send out to all HAC members to receive feedback on meeting dates and ideas**

- IV. Next proposed meeting: Tuesday, September 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.