



## Health Advisory Committee

Tuesday, September 19, 2017 4:15-5:30 pm

### Willow Conference Room

### MINUTES

*Attendees: Ann Junk; Carol Anne Dougherty; Georgann Richardson; Jean Houston; Kjersti Hedges; Kristin Dellacroce; Maureen Lang; Robert Wedel*

#### I. Introduction

Ann Junk thanked Sodexo for the nutritious and healthy snacks they donated for our refreshments. Sodexo has been a great partner in promoting wellness in ASD20.

Maureen Lang, Director of Professional Learning, was introduced as member of Health Advisory Committee and assumes new district responsibility as supervisor for Health and Wellness.

Maureen shared an article from Experience Life magazine. The article described 4 programs that teach kids physical, mental, social, and emotional health as well as healthy eating and active living. The programs identified 1. Parent involvement, 2. Upgrading school lunches, 3. Pushing back on bullying, 4. Bring back movement. Members agreed that all are important.

Health Advisory Committee mission statement was read and each member described their role in ASD20 and how they personally relate to the mission statement.

“Happiness” was expressed as the theme of the hour and every member shared something that brought them happiness.

#### II. Review of minutes and agenda

Meeting minutes from April 18, 2017 were discussed, reviewed and approved. These will be posted on the Health and Wellness web page.

#### III. Review Policy/Goal Activity

Revisions were made and approved to the ASD20 Wellness policy in June 2017 and can currently be viewed through the district website as BOE board docs.

Language and goals were updated to meet nutrition reporting guidelines (examples – regulations compliance and smart snacks)

Discussion – Can language be added that specifically addresses social/emotional wellness? The ADF-R, practices and objectives, may be changed more easily than ADF, district policy. Jean Houston and Maureen Lang will meet prior to next meeting to discuss possible changes to the language. They will report to this committee at the November 2017 meeting.

The Wellness Policy charges the school district with **4 goals:**

1. Establish and maintain a Health Advisory Committee.
2. Monitor implementation of this policy.
3. Serve as a resource to schools.
4. Conduct a review every 3 years.

The committee identified some areas of growth: recess before lunch, time for students to eat (20 minutes), serving breakfast at school, increasing the number of minutes of daily physical activity (PE, recess, before/after school, movement in the classroom).

**Homework assignment for November 14, 2017: What area(s) of health and wellness can this committee promote, support, and identify as priority in the 2017/18 school year?**

#### IV. Updates

Website: Maureen is working hard to bring the Wellness web page to life.

All are encouraged to provide 'healthy' photos to be included on the website.

Calendar events will be added to highlight school activities. Ann and Georgann will remind Coleaders at each school to share their successes as well. Please send any contributions to Maureen Lang.

Coordinators updates:

Kaiser Permanente grant report

KP Three year funding cycle has ended. Physical activity data reported and reviewed (2014/15, 2015/16, 2016/17). This data represents a snapshot of ASD20 elementary schools and reflects increases in daily physical activity including recess, PE class, before/after school activities, and movement in the classrooms. Data was collected from three elementary schools for the three-year funding period.

The Walking Classroom : Regional collaboration including 7 school districts has provided 3 teacher training opportunities – Oct 2016, May 2017, Sept 2017.

ASD20 has nine participating schools. Thirteen teachers are implementing TWC impacting 340 students by increasing their physical activity by 20-40 minutes per week. The Colorado Springs Health Foundation has partnered with the district and provided the funding for the program materials.

Laura Shaffer, 5<sup>th</sup> grade teacher from Foothills ES, has been chosen as 2017/18 National Ambassador for The Walking Classroom.

Healthy School Co-leader workshops - scheduled Sept 21, 2017 and Feb 22, 2018.

Movement in the Classroom trainings presented by the Brainiacs (district trainers- Tim Brubaker, Kristin Dellacroce, CarolAnne Dougherty) held April 21, 2017, June 15, 2017 and upcoming training opportunities are scheduled for Nov. 7, 2017 and April 10, 2018.

School Updates:

EWE - athletes participated in the Special Olympics May 3, 2017. Student Council wellness officer and secretary have been added to the school health team. Their responsibilities are to gather feedback from fellow students and coordinate a cooking contest at EWE.

Foothills ES – School health team, The Wellness Warriors, has many new members. Staff wellness activities are a priority for this fall, including a fitness drumming performance by the staff at the Foothills Follies talent show.

Bicycle Rodeos held at 3 elementary schools promoting safe physical activity.

Healthy Schools events taking place involving families and community partners:

High Plains Health Jam - 7 Sept 2017

Ranch Creek Field Day – 28 Sept 2017

Foothills Health Jam – 13 Oct 2017

Mountain Ridge MS Great Grizzlie Dash – 28 Oct 2017

Mountain View Health Jam – 3 Nov 2017

EWE Health Jam – 14 Feb 2018

**Our next meeting will be November 14, 2017 from 4:15-5:30 pm  
in the Willow Room at the EAC.**