



Health Advisory Committee

Tuesday, September 18, 2018 4:15-5:30 pm

Willow Conference Room

MINUTES

Attendees: Tom Andrew; Tricia Barajas; ; Lisa Coyle; Kristin Dellacroce; Carol Anne Dougherty; Kate Fowler; Martha Hinson; Jean Houston; Julie Moser; Valerie Noel; Robert Wedel

I. Introduction and successes

Dr. Hatchell was in attendance to welcome everyone and express his gratitude for the work that this committee has done over the past years. He shared that social emotional learning is one of his top priorities this year. Attendees shared good things that have been happening in their schools and personal lives this school year.

- II. HAC: Past, Present Future: Bob Wedel shared the history of HAC from its early beginnings approximately 8 years ago when no schools had Health and Wellness teams. The committee was also began to look at policy for food allergies and then later our Health and Wellness Policy. Pat and Georgann became leads for the district 6 years ago and have done great deal of work to provide Professional Learning for staff, establish new programs as well as to support and build Wellness Teams within schools. We have come a long way!

III. Updates for 2018 – 19 School Year

Jean Houston shared updates on Staff Wellness.

- 1) Staff Wellness will be placed back into the Human Resource Department.
- 2) Walktober - Battle of the Districts between D49 and D20.
- 3) Employee cooking classes: Meal Planning and Cook to Benefit Your Health
- 4) Fall exercise classes are up and running to include Boot Camp, Drums Alive, Piloxing, Pilates, Yoga, and Zumba

Jean Houston also shared about the new partnership with UC Health.

- 1) Includes school and sports physicals
- 2) PT and OT for district students on IEPs.
- 3) Provide resources for Parent Academies
- 4) Resources and support for ASD20 Nurses

Jean also shared updates on the ongoing work done to support bus drivers with Sleep Studies and their DOT physicals.

Martha Hinson shared the updated board approved policy for Health and Wellness. The main changes include adding social emotional health and emotional intelligence as key components to health and wellness amongst the students of D20.

Martha Hinson also gave an update of social emotional programs within our schools.

RULER and Riding the Waves are in our elementary schools. Signs of Suicide, RULER, Capturing Kids Hearts and Sources of Strength are among the programs being offered in middle and high schools.

Attendees also looked at the CASEL Core Competencies for SEL and how much it relates to the WSWC model.

IV. Feedback and Goals for the 2018-19 school year

The committee shared feedback and goals of what they would like to see not only for the school year but also for the Health Advisory Committee.

- 1) All were in agreement that we would like to have more student involvement on the committee. It was proposed to provide community service hours for those students involved. The recommendation was made to include our IB programs within our schools.

It also was proposed to contact Diane Forsythe regarding students who are in vocational programs related to Health and Wellness that might really be passionate about serving on our committee. Martha Hinson will follow up on these recommendations.

- 2) How do we publicize our committee? It was a general consensus that we need to publicize this committee more, have more administrator's present as well as better representation from all schools especially to have a more consistent voice from our high schools.

V. Sharing Ideas/Collaboration/Areas for Growth

Discussion involved the following areas:

- 1) UC Healthy Hearts Program – Martha will send a copy of materials out to the HAC to discuss and review at our next meeting
- 2) SHAC – Student Health Advisory Council – Martha will share update from Kaiser regarding the possibility of a SHAC for 2019-2020 school year.
- 3) Trish Barrabas inquired regarding resources through UCHealth or Kaiser on “How Can Students Better Prepare Their Bodies to Prevent Injury? There are a lot of students who are seeking expertise on this topic.
- 4) Updating website

VI. Next meeting: November 13, 2018

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

