

Minutes to Franklin County Schools Health Advisory Council Meeting  
December 15, 2006

Attending the meeting were Dr. Bert L'Homme, Jama Stallings, Dr. Elizabeth Keith, Lori Hawkins, Oliver Greene and Geoufrey Anderson. The minutes from the November meeting were read and approved by Keith and seconded by Anderson.

The council reviewed the BMI results from the elementary schools. Overall, almost 29% of 3<sup>rd</sup> and 5<sup>th</sup> graders in Franklin County are overweight. Another 19.5% are at risk for being overweight. There were no distinguishable trends at the elementary schools. The percentage of overweight students ranged from 17% to 50% in the subgroups. Anderson, a physical education teacher said that many students are not able to run for very long distances. At BES, all students do the "Wildcat Walk" every day on a walking trail which equates to a half mile. L'Homme will suggest that a feature article be written on this program.

Stallings reported that the General Assembly has legislated and the State Board of Education has adopted Nutrition Standards for Elementary Schools in North Carolina that requires increased fresh fruits, fresh vegetables and foods high in fiber in school meals. FCS will be implementing the elementary school nutrition standards next year instead of the deadline of the 2008-2009 school year. To support school systems for financial losses as a result of providing more healthful foods and beverages, there is a resolution that people can sign to support \$25 per student in grades K-5 that will be sent to legislators when they return to Raleigh. This equates to \$15 million for the entire state in recurring costs. Dr. L'Homme will take this to the Board of Education in February to gain their support. Stallings also announced the Nutrition Fair for 2<sup>nd</sup> graders countywide on March 8<sup>th</sup> at Royal Elementary School. She will be involving Parks and Recreation in this project.

Dr. L'Homme said that he had received an email from Elic Senter, a FCS Teaching Fellow, regarding the Healthy Active Children Policy resources that teachers in grades K-8 can use to integrate physical activity into all subject areas. Senter volunteered to train FCS teachers. This information was forwarded to Dr. Eddie Ingram, Executive Director of Curriculum and Instruction.

Dr. L'Homme reported on the policy meeting held Monday to discuss the 100% Tobacco Free Policy. He explained that 78 out of 117 school systems have already adopted the policy. The Board of Education will be asking a speaker from the Health and Wellness Trust Fund to talk to the Board about the implementation of such a policy. L'Homme extended an invitation to interested SHAC members to attend the meeting that has not been scheduled at this time.

Dr. L'Homme shared with the council posters that have been designed to warn people about the consequences of calling in a bomb threat to a school. Student will be expelled from school for 365 days and will lose their driver's license. These posters will be hung in every school in the county. Dr. L'Homme said that he had met with physical education teachers recently. They want to attend training in helping students with reading and a workshop especially designed for physical education teachers on teaching activities.

Peoples said that FCS would have two student interns next semester to work with the school social workers on attendance issues, dropout prevention and behavior issues.

The next SHAC meeting is scheduled for January 26, 2007.