

## **Accomplishments of the Franklin County Schools School Health Advisory Council During the 2008-2009 School Year**

### **Health Education**

The Poe Center for Health Education presented sessions on nutrition and fitness to students at Bunn Elementary School.

Efforts were made at the elementary level to determine the amount of health education that is being taught. The Curriculum Resource Teachers will be working on a pacing guide for health and physical education.

Eight middle school and six high school health/physical education teachers attended Successfully Teaching Middle/High School Health training hosted by FCS. This resource is aligned with the North Carolina Standard Course of Study for health.

Twenty-three LHS students were trained in the use of the Question Why Program. This is an anti-tobacco curriculum written for middle school students.

### **Physical Education**

All Franklin County elementary and middle school teachers received the Energizer training (a free resource that is integrated into all curriculum areas that give teachers strategies to include physical activity into their lessons to meet the Healthy Active Children's Policy requirement)

A central office Whole Faculty Study Group examined the awareness level of K-5 teachers about the Healthy Active Children's Policy and offered resources to help teachers comply with this requirement. Observations were made at each elementary school to determine if students were meeting the physical activity requirement. Each K-5 teacher received an activity booklet with activities that can be used to meet the Healthy Active Children's Policy mandate and make recess more structured both indoors and outdoors.

Thirty students participated in Special Olympics held in the spring. Three athletes went on to compete in the state games.

### **Staff Wellness**

Smoking cessation classes were offered to school personnel after FCS became 100% Tobacco-Free.

### **School Health**

Laurel Mill Elementary School was added to the Fluoride Rinse Program.

School nurses added seventh grade students to their mass vision screening program.

FCS in collaboration with the Franklin County Health Department offered the Tdap vaccine to rising 6<sup>th</sup> grade students in May to ensure high immunization compliance rates when school starts in August

A change was made in the Communicable Disease policy so that FCS no longer operates under a “no nit” head lice policy

### **Healthy School Environment**

The Jessica Lunsford Act was discussed at a principal’s meeting requiring principals to register with the Sexual Offender and Public Protection Registry and for all sex offenders to be directly supervised by school staff at all times

Hand sanitizer was distributed to teachers for use in each classroom.

Automated External Defibrillators (AED) were awarded to each high school by the North Carolina High School Athletic Association. Manuals were developed to include the AED policy, procedures, documentation forms, training rosters, etc. Training was held in December, March and June so that all high school nurses, First Responders and coaches were trained to use the device.

The maintenance department tried a peroxide-based cleaner that is non-toxic.

Wayne Daniels from the Franklin County Sheriff’s Department did a two-hour presentation on gangs for the school counselors, school social workers and school nurses.

### **School Mental Health**

The Yellow Ribbon Program, a suicide prevention program in middle schools was presented to all sixth graders at all three middle schools in September

### **School Nutrition Services**

Suggestions for healthy fundraisers were discussed at a principal’s meeting to promote healthy choices such as non-food items, physical activity or healthier foods.

Child Nutrition held its annual nutrition fair at Royal Elementary School.

### **Family and Community Involvement**

A brochure was designed by Ms. Baker’s class at BHS to outline the FCS wellness policy. The brochure was given to all students with their report cards mid-year.

The Alliance for a Healthier Generation Program was introduced to the schools. This program is a four year commitment beginning with schools completing an inventory and establishing a core school-based wellness council focusing on childhood obesity. Current participating schools are Long Mill Elementary, Laurel Mill Elementary, Bunn Elementary and Franklinton Elementary, Bunn Middle, and Cedar Creek Middle. Long Mill Elementary will be honored in August for national bronze recognition.

Tonya Peele, Certified Wellness Coach and chairperson of the Wellness Council of Long Mill Elementary was recruited as a parent representative for the SHAC. In May she appeared on the Rachel Ray Show to promote efforts at Long Mill Elementary to combat childhood obesity.

SHAC collaborated with Wake AHEC and FHS to offer ideas about ways that program participants could become more involved in schools and their community to see where their interests lie in reference to health careers. FHS is the first school in the state in collaboration with WAKE AHEC that is offering the Youth Health Services Corps.

School wellness and childhood obesity was a topic that was covered by the FCS Parent Advisory Council in one of their monthly meetings. Tonya Peele was the guest speaker.