

## Accomplishments of School Health Advisory Council 2009-2010

### **Physical Education**

Bunn Elementary School purchased Wii's that are used in the physical education program.

FCS participated in Special Olympics for the second year with a 30% increase in the number of participating students.

A countywide Professional Learning Community focused on increasing physical activity in the schools and healthy eating. The group that included three elementary school principals met individually with two additional principals to discuss ways that physical activity can be integrated into the school day to meet Healthy Active Children policy requirements.

Long Mill Elementary School and Franklinton Elementary School implemented a morning exercise program. Students are given the opportunity to participate in a variety of exercises in the school gym prior to classes.

### **Health Education**

Linda Frederickson, Elementary Education Director met with principals regarding the Healthful Living curriculum and integrating it into other subject areas.

Frederickson is leading the effort to develop a pacing guide for health education in the elementary grades.

The Board of Education approved the revision of a policy that will provide a more comprehensive reproductive health and safety education program in grades 7-9.

Staff from Cooperative Extension trained students at Louisburg High School in the "Health Rocks" tobacco prevention so that they could take the program to after school programs as well as the Boys and Girls Club.

### **Health Services**

Collaboration with Franklin County EMS led to free CPR training for First Responders and AED training for coaches saving the school system over \$2,500.00

FCS nurses and FCHD nurses collaborated to provide the Tdap vaccine to rising 6<sup>th</sup> grade students at the end of May

## **Healthy School Environment**

A pandemic flu committee made up of school system directors, the superintendent, the public information officer and a school nurse developed a plan to handle H1N1 should it occur as an epidemic in the schools.

A Youth Study Survey was given to students in grades 4-12 in October to assess student's personal behavior and knowledge about gangs.

AED drills were conducted in the high schools for the first time since the school system received them in January 2009.

The Director of Student Services and a school nurse were involved with in the planning of a mock food borne illness drill with the Franklin County Emergency Medical Services. Other central office personnel including the lead school nurse and Director of Child Nutrition participated in the tabletop drill.

All eight school nurses and two central office administrators received three levels of Incident Command training.

## **Nutrition Services**

Franklinton Elementary and Long Mill Elementary applied for and received the Fresh Fruit and Veggie grant. The grant will provide each student a fresh fruit or vegetable daily starting in September 2010.

The FCS Child Nutrition Training Manager received first place in the Partners in Education Award at the State School Nutrition Association Conference in June 2010. This award recognizes efforts to teach nutrition education.

The second grade nutrition fair was held March 2010. Six sponsors reached over 700 students to teach them about healthy lifestyles. Students received four fruits/vegetables to take home.

A Farm to School video was completed by UNC-G with the help of a grant sponsored by the Robert Wood Foundation. Clips from Long Mill Elementary School and the FCS Child Nutrition Director were featured in the video. It will be used to educate individuals and groups on the North Carolina Farm to School Program.

Long Mill Elementary School achieved silver recognition at the national level with the Alliance for a Healthier Generation Program.

Bunn Elementary School and Franklinton Elementary School achieved bronze recognition with the Alliance for a Healthier Generation Program.

A promotional event was held at Long Mill Elementary School. The event was designed to promote the Farm to School Program and North Carolina grown produce. The giant shopping cart made an appearance and “the Case of the Missing Fruits and Vegetables” was presented.

Taste testings were done to determine student acceptability of new food items.

The Child Nutrition Training Manager taught nutrition education lessons on a variety of topics including hand washing, fats, sugars, the food pyramid and Color Me Healthy.

### **School Counseling**

The Yellow Ribbon Program was presented to all six grade students in October. This is a program that gives students a resource if they are feeling depressed and/or suicidal.

Franklin County Schools hosted an ASIST (Applied Suicide Intervention Skills Training) training for four surrounding counties. Three school nurses and four counselors from Franklin County attended the two-day training.

### **Psychological and social services**

Wendy Vavrousek and Marla Peoples have met with two agencies interested in bringing a day treatment program to Franklin County Schools

### **Staff/student wellness**

Crystal Smith from Cooperative Extension offered a six-week program last summer to focus on educational sessions on healthy lifestyles. Referrals for the program came from the school nurses.

Bunn Elementary School participated in the Eat Smart, Move More, Weigh Less initiative for school staff. Twenty-seven staff members participated in this 15 week program.

Bunn Elementary School hosted a presentation by Ed and Heba of “The Biggest Loser” to fifth graders.

### **Family and Community Involvement**

The school nurses participated in the Parent Information Fair to provide services to incoming kindergarten students who had not registered at the previous scheduled registration sites.