

**School Health Advisory Council Meeting  
September 25, 2009**

**Attending:** Elizabeth McAllister, Geoufrey Anderson, Heather Wrenn, Jama Stallings, Linda Frederickson, Tonya Peele, Michel Moody, Anita Mason, Crystal Smith, Wendy Vavrousek and Marla Peoples

Minutes were reviewed by council, approved by Geoufrey Anderson and seconded by Linda Frederickson.

Elizabeth McAllister, Health Educator with Franklin County Health Department was welcomed as a new council member.

Accomplishments of the Franklin County Schools School Health Advisory Council during the 2008-2009 school year were reviewed by Marla Peoples and Jama Stallings. Accomplishments were noted in areas of health education, physical education, staff wellness, school health, school environment, mental health, nutrition services and family and community involvement. You can see an in-depth report of these accomplishments on FCS website at [www.fcschools.net](http://www.fcschools.net) and click on departments and School Health Advisory Council.

**Follow up from 2008-2009 school year:**

Anderson reports that Bunn Elementary School's After School Program has started physical activities before the kids do homework.

Peoples and Stallings reviewed a Best Practices for Physical Activity document developed by a central office Whole Faculty Study Group. This document that was shared with principals can be viewed at the same website as mentioned above.

Stallings recommended that teachers interact with students during any physical activity as good role models. Stallings also reported that playground equipment for use by after school program has different guidelines than school day use by students. This is to meet insurance purposes. New mulch has been placed on all school playgrounds. Stallings said that at LOMES, physical activities start the day followed by breakfast. Breakfast has been moved from the McCafe back to the cafeteria due to long lines and to serve each child's nutritional need.

Peoples reports that LOMES School Wellness Council is striving towards 60 minutes of physical activity a day after receiving the bronze recognition this summer.

Peele reports that she met with Carol Davis, principal of Franklinton Elementary and Jewel Eason, principal of Bunn Elementary School as well as Stallings and Peoples this summer to review the School Wellness Policy. It was suggested that there be consistent wording and a consistent message regarding guidelines for healthy snacks and a healthy snack list. FES is going for the bronze recognition to improve school wellness.

Frederickson met with principals regarding the Healthful Living curriculum and integrating it into the classrooms.

Anderson and Frederickson are working on trying to find or develop a pacing guide for elementary school teachers to use. The health curriculum is based on developing skills and behavior change so it doesn't fit into science or where it is now. Teachers need to know what to do and how they can tie it into the day's curriculum. He said that school nurse, Rhonda Shearon is tracking a fifth grade class at BES for the 2009-2010 school year that is doing extra physical activities to see any progress both physically and perhaps academically.

Moody reports that The Healthy Youth Act of 2009 was passed. This will allow school administrative units to provide reproductive health and safety education in grades seven through nine. This bill basically allows schools to present more information regarding contraceptives, sexual abuse and sexually transmitted disease risks at the same time stressing abstinence as the standard. Lessons would include strategies on dealing with peer pressure issues and obtaining medical testing. Parents will also be allowed to come in and review this information 60 days prior to instruction. Parents will need to sign a permission form to allow or deny their child's participation.

Crystal Smith reports that there is no SOS aftercare program for the middle school students due to funding. This program served 62 students. She reports that a church in Franklinton is offering tutoring assistance after school. Smith reported the results of the Clover Fitness Challenge. This program ran for six weeks this summer and focused on educational sessions on healthy lifestyles. There were five who completed the program. Referrals were made by the school nurse. Next summer she hopes to have 12 participants.

Heather Wrenn met with nurses last month regarding some of the programs that she is willing to present in the schools. She shared Cooperative Extension resources.

**Activities:**

There is now a Pandemic Flu Committee and a plan has been developed to handle H1N1 should it occur as an epidemic in the schools. The plan was approved by the FCHD. Each person serving on the committee has a responsibility such as monitoring attendance, providing educational resources, providing information to parents, etc. Letters will go home to parents regarding the H1N1 next week. If a student is suspected to have the flu, he/she should be separated and put in isolation until a parent/guardian can pick up the student. Principals were asked to stress hand washing and other hygiene-related issues. Planning is in process for the administration of the seasonal flu vaccine by the FCHD.

Gang Awareness – Wayne Daniels of the Franklin County Sheriff's Department made a presentation to the Board of Education about gang activity in Franklin County. Also, the FCS is raising awareness to first and second year teachers so that they can be aware of what to look for. A Youth Study Survey will be given in all schools in October about student's behavior and knowledge about gangs.

The Yellow Ribbon Program will be presented to all 6<sup>th</sup> graders in October. This is a program that gives students a resource if they are feeling depressed and/or suicidal. This program has been implemented for several years. Letters will go out to parents prior to the presentation about the program.

There was First Responder at the beginning of the school year. Jeff Bright, with Franklin County EMS will provide CPR/AED training for FCS First Responder next month and the training will be free of charge to Franklin County Schools. This saved a significant amount of money. There will be an AED drill in each high school soon to determine if the AED is in the appropriate place and any additional training needs.

**Reports:**

Anita Mason had handouts on Recovery Month Information. She said that she would check into an ASIST (Applied Suicide Intervention Skills Training) Training for 4 surrounding counties. This is an intensive 2 day training on suicide intervention for Student Support Staff.

Smith reports that 4-H Friend of Youth is no longer funded. National 4-H Week is October 4-10, 2009

Wrenn was given a grant for third graders but because of testing conflicts she would like to implement the pilot program with Kindergartners at FES and LMES. This program focuses on nutrition and physical activity and is presented once a week for 45 minutes. Parenting classes are being offered each day 10-12:00 noon given by Wrenn and Anne Williams starting next week.

Vavrousek reported that three students from FCS competed in the Special Olympic Summer Games. In July FCS represented at the equestrian games. Special Olympics for this year are set for March 19<sup>th</sup> with rain dates March 25<sup>th</sup> and April 1<sup>st</sup>.

Moody said that vision screenings at the elementary schools as well as BMI/BP screenings at the high schools are scheduled for October. Kim Radcliffe, school nurse for EBES and YES and Jennifer Wingo, school nurse for BHS and BMS have earned their School Nurse Board Certification.

McAllister has presented to BES PTA on Healthy Active Living and will be speaking to LES students and parents on handwashing.

Frederickson is in the process of choosing dates for K-registration to accommodate school construction. She is reviewing Field Trip Policy. She is developing a "Community Helpers" Program. She would like for everyone on the council to consider participating in this program. Farm Safety Day will be at LMES for 4<sup>th</sup> graders this year.

The next meeting is scheduled for November 6<sup>th</sup>, 2009