

School Health Advisory Committee (SHAC)

Meeting Notes

Monday, September 12, 2016

12:00 PM to 2:00 PM

In attendance: Kate Bloomquist, Samantha Buttari, Taylor Caragan, Mary Carol Costigan, Sandra Danu, Sandra Ford, Skye Grundy, Jeanne Hashey, Cherri Klaben, Maryann Legler, Anthony Losada, Ro Mohamed, Dr. Scarano, Regina Thoma, Sue Troxler, Skip Wilhoit & Vaishalee Wilson.

Welcome and Introductions

Sue Troxler welcomed everyone. Went around the table and everyone introduced themselves. Skye Grundy and Sue Troxler explained what SHAC with 8 subcommittees is for those who are new.

Review of Team Leaders

Went over the current subcommittee team leaders to check for accuracy and determine if there needed to be any changes. All was good as is.

Subcommittee Reports/Updates:

Freshman Focus – Ro Mohamed – Freshman Focus is a new program for freshmen that was initiated by Dr. Greene. It will be held this Thursday (9/15/16) at the Civic Center. Speaker will be Jessie Funk & the day will be focusing on “Power in Your Voice”. So far we have about 1200 to 1500 students coming – we are trying to motivate more to attend.

Healthy Schools – Skye Grundy – Due to a State law requiring wellness teams in schools, we need to verify that wellness is being followed at the school level. Nurses and Foodservice meet monthly and an End of Year compliance survey will be done. There will be a meeting where Parents will be invited and Ro Mohamed asked that the Wellness Ambassadors be invited as well so Employee Health can be represented.

School Health/5-2-1-0-9 – Sue Troxler & Jeanne Hashey – Explained what 5-2-1-0-9 means for new members. 5(fruits & vegetables) – 2(no more than 2 hours screen time) – 1(1 hour of exercise) – 0(no sodas) – 9(9 hours of sleep). This program began last year & will continue this year. Posters have been posted in all school cafeterias and we are working on more ways to get the message out.

The Health Department is working on getting involved as well since they can be a great way to include Parents in this.

Dr. Scarano stated that the 9 hours of sleep is very important and can affect “height growth” and obesity in the young as well. He said they have begun doing sleep studies on overweight and obese children now. Dr. Scarano may be able to provide information to help promote this program.

It was suggested that these posters and information need to be translated into Spanish – we can get with our District Translator (Michelle Gomez) to get this done.

Jeanne Hashey will work on some “blurbs” to be put in School Newsletters as well.

Flu Shots - Jeanne Hashey - Flu Shots will be provided at schools who have signed up on 10/19/16. Healthy Schools LLC will be there mentoring.

Dr. Scarano stated that last year Flu Shots had 15% or less effectiveness according to the CDC.

It's Your Choice – Maryann Legler – We have 21 community grant partners involved in helping mainly with secondary students in the areas of sexual health, drugs, alcohol, etc.

Dr. Scarano brought up the need to speak with students about the very bad health issues coming from the use of e-cigs.

Misc. – Skye Grundy said that the District is reapplying for the Health USA Challenge Award this year.

Ro Mohamed – Employee Wellness is offering a Stress Reduction Program at MTC for up to 100 people.

Dr. Scarano – asked if Kinnan’s Wellness Program had been shared with the rest of the District. Sandra Ford said yes – Kinnan’s program was incorporated into the District program in the areas of meal set-up, etc.

He is very upset about the starting time for High School this year because it is very bad for the students needed sleep. He has written to the School Board concerning this.

He handed out 2 articles. The first concerning “standing desks” – he feels they could be very beneficial for students. Kate Bloomquist said for employees too. Ro Mohamed said she has one – MTC is making some of these. Sue Troxler asked if SHAC should make a recommendation concerning “standing desks”. Sandra Ford suggested that this should go through Bill Kelley in Risk Management first.

The 2nd article handed out was about pre-ordering lunches for students which would allow them more time to eat.

Tobacco Initiatives – Taylor Caragan from the Health Department – She handed out a flyer announcing the “Florida Tobacco Prevention Training for Educators” program. There will be 9 sessions and a lesson plan overview. She has the overview of this program and will send out to any who would like it. She sent around a sign-up sheet for any interested to request this information.

Tobacco usage is going down, but e-cig usage is up from 25% to 250%!

She will at the Freshman Focus program too.

Healthy School District Award – Sue Troxler & Jeanne Hashey – We are a Health School District at the Bronze level this year. 2015/2016 was Silver. The thought is that we went down a level due to budget cuts causing less funding.

2016-2017 SHAC Goals – Skye Grundy – There are 2 “general” SHAC goals and each subcommittee also has a goal.

- Nutrition – No-one Eats Alone – Skye Grundy
- Mental Health – Vaishalee Wilson – Need to take advantage of opportunities to train staff and parents on Mental Health
- School Health – Possibility of School Clinics for secondary students with after school hours.

Dr. Scarano was concerning about the School Clinics affecting the preservation of a student’s “medical home”. He suggested partnering with Rural Health who has a mobile van. Dr. George VanBuren would be a good contact person for this.

- Gold Healthy School District – Sue Troxler
- Staff Modeling Health Behaviors – Skye Grundy & Sandra Danu
- 5-2-1-0-9 – Sue Troxler – Marketing and PR needed.
 - Walking/Running Club – Katherine Turrene (contact person)
 - Standing Desk Committee
- Employee Health – Ro Mohamed
 - WellYou Schools
 - Community Gardens
- Safe Environment – Skip Wilhoit (Bill Kelley not present)
 - No One Eats Alone
- Health & PE - Maryann Legler (for Tony Losado & Kim Organek in Curriculum)
 - Update Health Education Guidelines
 - Health Education Advisory Committee
 - Health Classes
- Family & Community Involvement – Sheila Halpin – not present

Next meeting – Monday, March 13th, 2017 @ PSC in Room 1007 from 12:00 PM to 2:00 PM