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## SCHOOL HEALTH COUNCIL MINUTES – JANUARY 16, 2014

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ATTENDEES: T.NOYES, J. MCLUCAS, J. CURRIVAN, J. DRISCOLL, B.KILLION, T.ABLEY, A.WORCESTER

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### **Review of SHS Youth Risk Assessment Report**

Tara brought the major findings overview of the YRBS from 2012. It was very interesting and she pointed out some of the highlights including the drop in alcohol, tobacco, and marijuana use between the 2009 and 2012 surveys. She was also very happy with the increase in students feeling safe at the high school and the availability of an adult to talk to within the school environment. The group did notice that only 42.5% of the students reported being physically active for at least 60 minutes a day, and the large amount of hours that the students reported watching television. Jane was surprised with the report that only 30% of the students reported having 1-4 servings of fruit daily, with 49% reporting that they had 0-3 servings in the past week with all the changes in regulation and practice in food services.

Tara reported that they would be doing the survey again in the fall and that if anyone had a suggestion for a question on the survey, they could get in touch with her. She mentioned that the “other drug” category would be a focus for next fall. Teri suggested a question about coffee consumption, and Jane requested that the fruit consumption question stay on for comparison.

### **Website**

Jill and Tara have had a delay in creating the website, but plan on working on it in the future. We will check in again at the next meeting to see where we are. Thanks again to Jill and Tara on taking on this project.

### **Action for Healthy Kids**

Joe attended, as a presenter, the AFHK summit at Gillette Stadium on Dec 10<sup>th</sup> called the “Learning Connection Summit” on the links between the students wellbeing, physically and nutritionally, and classroom learning. He said it was a great day, with good sessions, and a great location.

Some of his take aways included the importance of being connected to a group like this. They have money, good ideas, and seem to have some clout with schools and wellness. But the biggest theme he saw working was how to get administration on board. The keynotes were administrators who bought into the importance of health and wellness and how it tied into academic success.

He suggested exposing the School Committee on some of this data when we present the end of year report to them in the spring.

### **SHC Evaluation Tool**

Jane brought a copy of the last set of data we had collected, and passed out the form. She asked for any ideas of other data that we may already collect that might be part of this report in addition to the Free and Reduced Numbers, and the BMI's collected by the nurses. Tara said that the PE Department will be adding Fitness Gram to the SHS in the fall, and that the CMS has already been running this program, and it might be able to give us some data that might be useful. If anyone else had some ideas of data that is already being collected, please let Jane know.

### **Spring Track Night – April 4, 2014**

Jane was able to book the gym and track on Friday night April 4<sup>th</sup>, beginning at 5:30 to run our 1<sup>st</sup> Spring Track Night. The group was excited to try this event again with some more advertisement, marketing, excitement, and some competition built up between the elementary schools.

The group was excited to offer this again, and came up with some ideas:

- Have it an all schools event at the high school again
- Have each of the elementary schools compete against each other
- Each elementary school can be assigned a color
- Run races at specific times, ex. 1<sup>st</sup> grade at 5:30, 2<sup>nd</sup> grade at 5:45, etc...
- Build up some competition within the schools
  
- Perhaps support a charity at the event, such as bring a can for the food pantry
- Have students sign up, so we can plan the events, and be able to give gifts for participation, such as small water bottles
- Ask for track team members to help with the event for PINS
- Ask AFHK for grant money for prizes

We decided our next meeting would be a planning meeting for Track Night, to make sure we our bases covered and the plans in place.

**Hope to see you all at the next meeting!**

**Next Meeting is February 27, 2014  
Room 219 at 3:30pm  
It's all about Track Night**