

## Wellness Advisory Committee

Risk Management Conference Room

Facilitator: John O'Brien

February 19, 2013

Recorder: Natalie Bates

10:06 a.m. – 2:43 p.m.

Present: Gretchen Bagley, Teri Diamond, Liz Downing, Mark Fraad, Dean Hamburg, Elizabeth Miller, Paul Story, Hannah Tauriainen, Naomi Walsworth, Michael Illg

10:06 a.m. Charges of the Wellness Committee

- ❖ Review of the responsibilities of the Wellness Committee
  - Annual review of the Wellness Policy which goes to the board.
  - Annual survey and Board report.
  - Wellness Committee is advisory to the board.

10:10 a.m. USDA Proposed Regulations

- ❖ Dean Hamburg gave a PowerPoint presentation on the summary of the proposed rule to establish nutrition standards for all foods sold in schools including competitive foods.
- ❖ Concern that foods brought into schools are not in compliance with the school lunch program.
- ❖ Proposed regulations are aimed to address:
  - Food and beverages sold outside the school meal program;
  - On the school campus; and
  - At any time during the school day.
- ❖ The federal standards are a minimum standard; state standards can be more stringent.
- ❖ Currently 44% of KPBSD students qualify for free or reduced lunch.
- ❖ Once finalized, the Wellness Committee is charged to make sure our Wellness Policy is in compliance. There are provisions for occasional celebrations, bake sales, etc.

11:05 a.m. Wellness Policy Update

- ❖ The Wellness Policy has been under review by the Policy Committee all year.
- ❖ A copy of the current policy was previously distributed to the Wellness Committee.
- ❖ The policy will most likely go for its first reading at the May board meeting.

11:07 a.m. The 4<sup>th</sup> R Program

- ❖ Paul Story informed the committee of the progress of the 4<sup>th</sup> R program in Homer.
  - There is a pre-survey, post-survey and a survey a year later. Active permission slips are required in order for student to participate in the survey.
  - There is also a focus group component to this program, which also requires active parental permission.
  - The curriculum portion starts tomorrow in 9<sup>th</sup> grade health classes and goes through the end of April.

- The program has a lot of role playing and simulation. There are three units
  - Personal Safety
  - Healthy Growth and Sexuality
  - Substance Abuse
- ❖ There is also a 7<sup>th</sup> grade curriculum being given at the Homer Middle School.
- ❖ The district will evaluate the program after completion. Currently there are no plans to mandate this program throughout KPBSD.
- ❖ John O'Brien attended the Boys 2 Men Conference in Anchorage. Schools that have been using this program for several years have seen dramatic improvement in school culture. The focus of this program is boys on sports teams.
- ❖ The 4<sup>th</sup> R program has a much broader base and includes all students.

11:30 a.m.      Concussions

- ❖ Naomi Walsworth discussed the impact of the current concussion requirement.
- ❖ Now there is a huge awareness of the impact of concussions and the preventative measures.
- ❖ KPBSD has many more concussions reported because of the new reporting procedures and awareness.
- ❖ There is an issue with the consistency of health care providers. John O'Brien requested that Naomi send a copy of the district's requirements again.
- ❖ There needs to be a culture change regarding concussions, people do not understand the severity of a concussion.

11:50 a.m.      Youth Risk Behavior Surveys

- ❖ John informed the committee that several chosen high schools are participating in the YRBS. We need to reach 60% participate to get reliable statistics.
- ❖ Active parental consent is also required. The participating schools will receive incentive monies to help achieve the 60% goal.
- ❖ It is clear from past data that many students exhibit risky behavior.
- ❖ The CDC compares data from all states; there is nothing surprising about Alaska's data.
- ❖ John O'Brien will contact the YRBS coordinator and request longitudinal data over the years.
- ❖ The results of this survey will be the driving force for next year's Wellness Committee.

12:10 p.m.      Lunch

12:40 p.m.      Community Partnerships

- ❖ Mike Illg, with the Parks and Recreation of Homer discussed creating partnerships with schools and non-profits to help get students more physically active. Mike distributed a CDC handout on Youth Physical Activity: The Role of Schools.
- ❖ There is a direct correlation between non-physically active students and risky behavior.
- ❖ The partnerships could be an opportunity to expand before/during and after school activities, including summer.
- ❖ Several committee members agreed but said there is a major problem with getting volunteers to commit. Sustainability is a major issue.
- ❖ Programs at schools are the key to participation.
- ❖ Some existing resources are the Public Health Nurse, Regina Tyson and the Community Action Coalition, the Boys and Girls Club, and State of Alaska Department of Public Health website:

<http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/default.aspx>; Healthy meals resource:  
<http://healthymeals.nal.usda.gov>

1:24 p.m. Ideas and Issues

- ❖ Betty Miller, RN shared with the committee that preventative health is an issue about which she is very passionate. She would like to see more qualified health teachers that can get students enthusiastic about health issues.
- ❖ Health classes need to be more hands on and there needs to be a consistency of curriculum.
- ❖ It was discussed having health classes offered to 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders.
- ❖ There was discussion that the new performance evaluation would have on teachers recruited to teach one or two health classes.
- ❖ More professional development is needed for health teachers. Betty and John will meet with Michelle Thompson to discuss this further.
- ❖ There was discussion about the merits of having structured PE offered every day.
- ❖ 63% of KPBSD students are a healthy weight.
- ❖ KPBSD will be taking student's height, weight next year to establish their BMI. The nurses will receive additional training in August.
- ❖ The Wellness Survey will be given again this spring. There was discussion whether or not to add students to the list of survey participants. It was agreed to survey students this year. Naomi and Hannah will develop the student Wellness Survey questions.
- ❖ Mike discussed the City of Homer using the Virgin Health Miles program. He will discuss the program further with John.
- ❖ The Wellness Committee agreed next year the focus would be on:
  - Physical Activity
  - Professional Development for Health Teachers
  - Foods/Nutrition
- ❖ John will email the committee proposed dates for next year's meetings.

2:43 p.m. Adjourn