

Wellness Advisory Committee

Kenai River Center

Facilitator: John O'Brien

October 3, 2013

Recorder: Natalie Bates

10:20 a.m. – 1:03 p.m.

Present: Gretchen Bagley, Teri Diamond, Liz Downing, Mark Fraad, Naomi Walsworth, Courtney Stroh

Guests: Jennifer Olendorff and Susan Pfaffe

10:20 a.m. Membership Review

- ❖ Review of the current membership
 - Remove non-active members, add current student member, Courtney Stroh
 - Update webpage with current membership list

10:26 a.m. Review Wellness Committee Charge

- ❖ John reviewed the charge of the committee and reiterated that we are a district level committee
- ❖ Review of KPBSD new official policy: BP & AR 5141.6 Student Nutrition and Physical Activity
- ❖ The wellness committee serves as an advisory group to the board.
 - Liz Downing proposed we expand the wellness committee to include staff wellness as well;
 - John will approach the leadership team and ask if a member of the Health Care Committee could be a liaison.
 - Wellness Committee would like to invite Stacey Gorder to be that liaison.

10:30 a.m. Review New Board Policy

- ❖ The new policy has some change that impacts schools.
- ❖ Vending machines in student access areas need to be removed or put on a timer if they don't meet size and nutritional criteria.
- ❖ New policy also mandates for smaller sizes for juice or juice blends.
- ❖ No carbonated beverages are allowed to be sold in student access areas.
- ❖ The Wellness Committee also reviewed the new physical activity requirements.
 - Elementary students – 150 minutes per week during the school year;
 - Middle school students – equivalent of 45 minutes of daily physical education;
 - High school students – one full credit of physical education over four years.
- ❖ There was discussion about how much PE time 6th graders are required to take.
- ❖ The policy has been reviewed several times and has sat in committee for a while, but now policy.
- ❖ Increased physical activity was one of our committee goals for this year.
- ❖ There was concern that high risk students are not getting physical.
 - There was discussion of a possibility of increased PE time and the fact that students are not learning lifelong physical activities.

- ❖ There was discussion on having intramurals at the high school level.
 - There was a concern that we don't have the facilities to offer such programs.
 - There was much discussion on finding people to do the intramurals, whether they have to be certified or not.
 - John clarified the labor issue with hourly employees.

10:48 a.m. Peninsula Smokefree Partnership – Jennifer Olenddorff

- ❖ October 28 is Red Ribbon Week and KPBSD has partnered with Peninsula Smokefree Partnership to bring in Victor DeNoble, a former research scientist for Phillip Morris.
 - Victor DeNoble works with kids and educates them on nicotine addition and the effects on the brain.
- ❖ Teens Against Tobacco Use (TATU) will be doing their Blow Bubbles and Not Smoke campaign in the schools.
 - The TATU teens are doing health education in 3, 7 and 9th grade classes.
- ❖ Jenny showed a brief clip of Victor DeNoble.
- ❖ Peninsula Smokefree Partnership sponsors the ATOSS program.
 - The goal is to get the students to quit. If a youth is offered services, the parents are also offered education about the adult quit line.
- ❖ Jenny stated it has been a problem finding groups to partner with in Homer. Liz Downing was going to email Jenny some contacts.
- ❖ Youth smoking rates in Alaska have decreased substantially.
- ❖ E-cigarettes are now a big problem in today's youth; the fruit flavors are aimed at teens.
- ❖ Most kids get cigarettes from family or friends.
- ❖ Alaska has a good enforcement team and a low rate of vendors selling to youth.
- ❖ Jenny stated it is always a challenge to get the legislature to fund education. States where education is stopped, usage goes up.
- ❖ There is a correlation between low income and increased smoking.
- ❖ De-normalizing tobacco use is the most compelling way to reduce usage.
- ❖ The focus now is to have a State wide policy to cover inside work space. Current 26 states are indoor smoke free.

11:31 a.m. Introductions

- ❖ John introduced our student representative, Courtney Stroh from Kenai Central High School
- ❖ The committee went around the table and introduced themselves.
 - John asked Courtney what she would like to accomplish as a member of the group.
 - John also told Courtney if she wanted to have the district listen to students' concerns, this was the forum to bring that information forward.

11:40 a.m. Ideas and Issues

- Courtney said not a lot of intramurals were at the high school level.
- Liz said she would like to see us build more opportunities for non-structured activities at the high school level.
- John said the Quality Schools Grant could cover life-long health and fitness and physical activity at the high schools. He will carve out funds specifically for this purpose.

- There was discussion of the Anchorage Nutrition Grant. The focus is teaching parents and kids to cook healthy meals together. It is a six week program geared towards low income elementary students. The Wellness Committee would love to see a program like this implemented in KPBSD. The challenge is finding someone to write the grant.
- John shared the agenda for the Health and Wellness Conference in Anchorage.
- Mark Fraad, Gretchen Bagley and Naomi Walsworth will be attending.

12:27 p.m. KPBSD BMI Status Update

- ❖ Naomi Walsworth said weight is a sensitive issue and some nurses are weighing students with their back to the scale.
- ❖ This is the first year parents were able to opt out of the BMI data collection. Naomi thinks the data will be somewhat skewed as a result.
- ❖ There is a letter in PowerSchool that will go home to parents letting them know their child's BMI and where they fall based on the standards set by the CDC.
- ❖ Naomi will ask nurses to let their administrators know when they are getting ready to send out the letter. Local doctors' offices and clinics have been notified.

12:41 p.m. Wellness Policy Review

- ❖ John reviewed the results of the Wellness Surveys. There were three separate surveys
 - Principals and Nurses;
 - Health/PE Teachers; and
 - Parent Survey.
- ❖ The district is looking to have 0% of teachers using physical activity as a punishment.
- ❖ Withholding physical activity usually requires a major physical infraction.
- ❖ Schools are implementing PBIS – Positive Behavior and Intervention Support this year.
- ❖ We will send out the survey earlier this year and hope to get a better participation percentage.
- ❖ The committee would like to see this year's survey emailed to parents.
- ❖ There will be additional training for health teachers as a direct result of the survey. This year's focus will be on fetal alcohol syndrome.
- ❖ Mark said there was a great app that he would like to see if the district can purchase and PE teachers get trained on called Dart Fish. John asked Mark to contact Christine Ermold and Michelle Thomason with this request.

1:03 p.m. Brainstorming

- ❖ Staff Wellness – the committee would like to have Stacey Gorder invited to join the committee.
- ❖ John and Clayton Holland are working on additional training for Health Teachers.
- ❖ Possibility of Quality Schools grant to fund after school physical activities like Zumba, etc.
- ❖ There was discussing of having archery in PE classes, fourth grade and up. It was suggested that the Safari Club might help sponsor this.
- ❖ Mark and Gretchen to work with Christine and Michelle to get personal development for PE teachers.

- ❖ Mark said he was concerned with the air quality and health of employees in the district's older buildings.
- ❖ John said he would invite Dave Tressler to the next meeting to speak about this issue.
- ❖ Please email John O'Brien items for the next agenda.
- ❖ Attendees of the Health and Wellness Conference please be prepared to report on what you learned at the next meeting.
- ❖ The next Wellness Committee Meeting was scheduled for Tuesday, January 21, 2014.

1:33 p.m. Adjourn