

Wellness Advisory Committee

DMC Warehouse Conference Room

Facilitator: John O'Brien

November 6, 2012

Recorder: Natalie Bates

10:15 a.m. – 2p.m.

Present: Gretchen Bagley, Liz Downing, Sean Dusek, Mark Fraad, Diane Buchanan, John O'Brien, Hannah Tauriainen, Naomi Walsworth, Paul Story (telephonically)

10:15 a.m. Policy Reviews – AASB – BP 504(a) and BP 3513.3(a)

- ❖ Review of the two policies.
 - Sean Dusek reviewed the process of board approval of the policies.
 - There have been significant changes to the Wellness Policy.
 - The proposed changes are in compliance with the Federal Law.
 - KPBSD is such a diverse district; the difficulty will be striking a balance.
 - There was much discussion about the role of the Wellness Committee going forward.
 - It was recommended that the Committee meet twice annually to set district wellness goals and possibly have workgroups that would report to the committee on progress.
 - The committee would like these goals to not just encompass school nutrition and physical activity but additional issues covered in other areas of the CDC coordinated school health program.
 - There was discussion about potential policy changes.
 - Possibility of moving away from nutrition – now focus on curriculum within health and PE classes. Now is a good time to involve middle and high school in the discussion.
 - Adding safety, bullying, mental health and staff wellness components to the policy.
 - Tobacco Policy
 - The Tobacco Alliance identified deficiencies in our policy.
 - KPBSD is concerned about policy enforcement and not excluding parents.
 - The policy should be modified to include: Prohibits use of tobacco products on all school property (including grounds, buildings, parking areas and residencies where applicable).
 - It was agreed the tobacco policy should apply to students, staff and visitors.
 - The committee saw this as a good chance to educate the community about smoking.
 - Last year the new tobacco violation program was piloted at Nikiski and Skyview.

11:17 a.m. AK Schools and Wellness Report – Mark Fraad and John O'Brien

- Several committee members attended the conference in Anchorage and it was unanimously agreed the conference was very helpful.

- Showcase of many diverse new programs – skiing, hydroponics and software programs.
- KPBSD won the HUSC Award (Healthier U.S. School Challenge). Only some of the district schools were eligible. KPBSD will receive an additional six cents for school lunches in the district.
- ❖ It was reiterated several times in the conference if kids are not healthy, they will not perform well in school.
- It was discussed whether certain foods should be restricted or eliminated from schools.
 - Naomi Walsworth reported that eating disorders are increasing in children under 12.
 - It was agreed certain foods should not be banned but that a common sense approach should be used.

12:15 p.m. Ideas and Issues

- ❖ There was discussion on how to promote wellness. Some suggestions were to have recess before lunch, try to get parents and PTA more involved, have fruit and vegetables served after lunch, have intramurals at schools. It was agreed we need to do a better job offering non-competitive life-long leisure activities.
- ❖ Committee should include more high school and middle school personnel, including representatives from PE, health, nurses, counselors, and administrators.
- ❖ Committee would like to have additional members with good curriculum background.

12:30 p.m. Tobacco Use in Schools – Revise ATOSS

- ❖ The Committee supports ATOSS.

1:00 p.m. Fourth R

- ❖ Paul Story called into the meeting. He discussed the Fourth R program – reading, writing, arithmetic, and respect. The program is geared towards 7-9th graders. It was developed by a Canadian Group and is research/evidenced based.
 - A major component of the program is role playing which helps with skill building.
 - The program would be worked into the health curriculum.
 - Homer middle/high schools are piloting the program. One component of the program is surveys of students, which could be problematic because questions are on a more personal level. Parent permission is required.
 - We will monitor how Homer's progress goes with this pilot.

1:30 p.m. Recap & Reminders

- ❖ Naomi Walsworth discussed the CDC's recommendations for a successful school program. Health Education, Physical Education, health Services, Nutrition Services, Counseling, Psychological and Social Services, Health and Safe School, Health Promotion for Staff, Family, Community Involvement.

- If this committee adopted this overall change, we would eventually hit upon every aspect of comprehensive health.
- Committee needs to focus on 2-3 accomplishable goals.
 - Have twice annual or quarterly meetings, and sub-committees.
 - Obesity. ACE program (Adverse Childhood Experiences) affect obesity rate. Obesity data will be available at the next board meeting. We will possibly use this to guide our goals.
 - Committee needs to seek out opportunities for grant funding. Additional money will help us promote new initiatives.
 - School climate – more focus on bullying.
 - Nutrition – should we take a hiatus on school nutrition services since our program is one of the best in the state?
 - Staff wellness program.
- Next meeting will be Tuesday, February 12, 2013.