

## Wellness Advisory Committee

Soldotna Prep PD Room

Facilitator: John O'Brien

October 22, 2014

Recorder: Tiffany Eck

10:00 a.m. – 1:45 p.m.

Present: Teri Diamond, Mark Fraad, Dean Hamburg, Michael Illg, Christine Carlson, Carmen Magee. Guest presenter; Melissa Linton

10:00 a.m. **Introductions**

- ❖ Welcome new members; Christine Carlson and Carmen Magee
- ❖ Additional new members not present; Olivia Hutchings
- ❖ Attached is the Committee Charge that we were unable to access online at the time of our meeting
- ❖ Agenda was reworked due to scheduling conflicts

10:10 a.m. **New USDA Changes to Competitive Foods – Dean Hamburg**

- ❖ Background, in 2004 the District created wellness policies to cover activities and nutrition
- ❖ Competitive Foods are sold in schools where NSN lunches are provided
- ❖ SmartSnack Regulations were effective July 1, 2014. This means that all foods sold to students during the school day must now meet USDA guidelines for health foods. This includes food-based fundraisers taking place during the school day
- ❖ We have the option to again apply for the HealthierUS Schools Challenge. Dean and Mark had participated in this in the past and anticipate doing it again

10:50 a.m. **Health Curriculum – Melissa Linton**

- ❖ Review of the draft Health Curriculum and the amount of time and work put forth by the Health Curriculum committee
- ❖ If approved, we would partner with The Great Body Shop, a 10 month grade specific program, to cover the following areas during the school year:
  - Mental/Emotional
  - Family/Social/Interpersonal
  - Injury/Disease Prevention (substance abuse safety)
  - Community/Consumer/Environmental
  - Nutrition/Fitness
  - Growth & Development/Hygiene
- ❖ If approved, anticipate starting this program as soon as the 15-16 school year

11:25 a.m.      **Parks, Art, Recreation & Culture Needs Assessment – Mike Illg**

- ❖ Homer will be conducting a Parks, Art, Recreation and Culture Needs Assessment. Mike provided us with a copy of the survey, which will be administered from Anchor Point to East End
- ❖ Once the survey is complete and the results are ready, Mike will share the information with the committee
- ❖ Also shared with the committee was an Executive Proclamation by Governor Sean Parnell proclaiming October 23, 2014 as Lights on After School Day, which celebrates Alaska's many afterschool programs

11:50 a.m.      **Break for Lunch**

12:25 p.m.      **Bikes Instead of Desks – Carmen Magee**

- ❖ Carmen received information from another school nurse regarding stationary bikes in schools. The information indicated increased fitness levels as well as increased reading proficiency
- ❖ There are varying ways to create a program like this one with limited funds. [www.readadnride.org](http://www.readadnride.org) has ideas for starting a program
- ❖ Discussion regarding: funding, program implementation, the need for someone to champion this program within the schools that would implement, and varying types of bikes or pedaling mechanisms
- ❖ Carmen is going to speak with the nurse that brought this up to see if her school would be interested in piloting this program
- ❖ Since the meeting, Mark went back to Seward Elementary and started a program. The program is limited now, however has the potential to grow
- ❖ Carmen and Mark will update us at the next meeting

12:55 p.m.      **Eliminate Toxic Chemicals from our Schools – Mark Fraad**

- ❖ Mark provided a copy of a story written about Seward Elementary PE classes. The story is currently featured on the State of Alaska Play Every Day blog: <http://dhss.alaska.gov/dph/PlayEveryDay/blog/Lists/Posts/Post.aspx?ID=291>
- ❖ Mark provided an article on Toxic Chemicals and Household Cleaners. Mark also discussed changes that have been made at Seward Elementary to decrease the amount of cleaning chemicals that are being used when cleaning the student desks after lunch. The custodial protocol will still be followed with regard to cleaning chemicals
- ❖ Mark also reviewed a few take-away items from the Alaska Schools Health & Wellness Institute that he recently attending in Anchorage

1:40 p.m.      **Review of YRBS and Wellness Survey Results – John O'Brien**

- ❖ John had planned on going over the survey results during this meeting, due to time constraints the survey information will be emailed out for everyone to review. As a group we will discuss at the next meeting

**Next meeting scheduled for January 13, 2015 in the Soldotna Prep PD Room**

1:45 p.m.      **Adjourn**