

## Wellness Advisory Committee

Soldotna Prep PD Room

Facilitator: John O'Brien

January 13, 2015

Recorder: Tiffany Eck

10:00 a.m. – 1:15 p.m.

Present: Teri Diamond, Mark Fraad, Dean Hamburg, Carmen Magee, Gretchen Bagley, Liz Downing, Olivia Hutchings. Guests: Melissa Linton and Lynn Hohl

### 10:15 a.m. **Update on Curriculum and Crossfit for Kids – Melissa Linton, John O'Brien**

- ❖ Update on health curriculum – Working with DEED, school counselors and psych. Considering a program called The Fourth R, starting with this program which is a shorter program because it is based on after school program timeframes. School counselors and psych will also be able to add their pieces as well.
- ❖ Elementary/MS – Using The Great Body Shop for K-8, comprehensive program covering all aspects of health and wellbeing. MS Health is currently taught by a variety of teachers with varying backgrounds, we chose the level 2 program as it was more in line with our goals and the support that our district needs.
- ❖ High School is using Pearson Health and a Moodle created by Amanda Adams and Stacia Rustad. Some schools have chosen to use the Moodle over purchasing Pearson Health. The Moodle is pretty robust and covers the topics very well.
  - ❖ Crossfit Kids – Gretchen and Mark attended the training provided at the beginning of the school year. Gretchen, discussed the training that she received from Crossfit for Kids. She took the training and implemented parts and pieces in their classes. She took the games that she already did, and added a few of the exercises into the games (i.e. squats or push-ups). Mark – sees it as a tool to help implement the curriculum. Discussion regarding the community perception of what crossfit is vs. the program that is being implemented in schools. Both Gretchen and Mark indicated that the things that are considered crossfit are things that they have always done in gym class, there is just a name associated with the movements now. We know what it is in the schools, but the community doesn't know what it is. Recommendation to create a communication explaining what crossfit is for our elementary, MS and HS levels.

### 11:07 a.m. **Update on Bike at School program – Mark Fraad, Carmen Magee**

- ❖ Mark incorporated a bike into one class and the teacher used it as an incentive. A couple other teachers approached him requesting bikes. He's been speaking with vendors and a community member about writing a grant for 30 foot pedals that could be moved from class to class.

### 11:13 a.m. **Review of YRBS Survey Results – John O'Brien**

- ❖ Review of the 2013 survey results. The 2015 survey period is January 20th – March 31st, 2015

### 11:55 a.m. **Break for Lunch**

12:17 p.m.      **Review of 14 USDA Fresh; and Healthier US School Challenge – Dean Hamburg**

- ❖ As of right now, the fresh fruit and veg program is not slated to be cut. We have enough funds to cover the program through March of this school year. There will be no program in April and May of this year.
- ❖ Healthier US School Challenge – physical activities portion has been upgraded.
- ❖ 4th year qualifying in the 6 cent per meal program, specific criteria for the meal plan (menu).

1:04 p.m.      **Ideas & Issues**

- ❖ Request for membership commitment for the next school year.
- ❖ Request for more parent representation on the committee.
- ❖ Mike Illg will go over the Homer Community Survey at the first meeting in the 2015/2016 school year
- ❖ Request from Mark to look at building health and school environment during the next school year

**Next meeting to be scheduled for September 2015, date, location and time TBD.**

1:17 p.m.      **Adjourn**