**KPBSD -Wellness Committee Meeting Agenda**

Tuesday, October 4, 2016

10:00 a.m. – 2:00 p.m. Kahiltna Conference Room – Central Office

Facilitator: John Pothast

Note Taker: Tiffany Eck

10:00 Introductions: new members

10:10 Guest: Sunni from the American Heart Association

* Partners with 250 schools in the state of AK, Seward El participates in their program, AHA would like to see PE in schools daily. Partnering with many organizations, state and schools to educate students. Water, salt, physical activity, choosing to be smoke free, eating half of their plate of fruits and veggies, and helping others. Taking a new stance on the adult side, worksite wellness program. There is a test that each employee can take which would aggregate a score for the district to be compared to other districts, there are healthy competitions for staff, they can look at the test results and see if there is a health area that needs to be addressed or that there needs to be more education on. These tools can be used to help decrease health insurance plan costs. Are there incentives in place for the employees to participate in; getting awards for individuals, schools, t-shirts, lanyard, pins, we can partner with local businesses, the district can receive recognition for being a healthy workplace (worksite wellness). Jump Rope for Heart can be used in the curriculum within the PE classes. Lisa Julliessen stated that she has worked with Sunni in the past and she is very accommodating to the PE teachers and get the programs into schools. AHA does not charge anything to the district for their services.
* Anchorage and Mat-Su have built hands only CPR into their health classes. AHA teaches kids hands only CPR and Sunni is challenging our district to offer this to all schools.

10:32 Review of Wellness Survey, Gallup Student Poll and Youth Risk Behavior Survey results

* In groups of 2-3, review the surveys and note areas of interest or concern to you. Come back to the group for discussion.
  + Group 1 wanted to know what schools statewide participate and how that affects that data. Noticed the risk was higher on the peninsula in areas of substance abuse and physical activity/nutrition. Surprised at how close we were to the state survey results in some areas considering that some of the larger schools statewide have more gang related issues.
  + Group 2 sad feeling and attempted suicide rates seemed a bit higher than what they expected. Seasonal defective disorder and lack of vitamin D in our state may help improve those scores, even just giving out information on vitamin d. Happy about the sugary drinks scores.
  + Group 3 greater risk for sex, alcohol and drugs and more positive for nutrition and how the students feel that our teachers care about them and encourage them as compared to other schools statewide. Texting while driving risk level, this may be something that we are campaign for in the schools.
  + Group 4 texting while driving, the conversations have been going on for some time, however there isn’t much change in the scores. Maybe we need to look at our communications more. Suicide/bullying and an increase in vaping. There is a decrease in smoking, however an increase in vaping.
  + Group 5 seatbelts were scored high. Same concerns that the rest of the group has.
* Gallup Poll – Surprised at the 4% that will likely go to trade school, thought that would be higher. Thought that some of the questions were odd for the 5th grade level. Hope for the district was very low, possibly pursuance of business partnerships and mentorships. Feelings that the entrepreneurial spirit decreases dramatically between 5th and 10th grade. Concerns that the area of Hope will decrease based on the fiscal situations that our state is in and how that information trickles down from parents to students. Concerns regarding the number of “tests” that are given and how the students feel about taking tests and the results that may come from how the student feels about taking a test. Why are more 5th graders learning how to start or run a business than 10th graders? Why are 30% of the students surveyed feeling stuck?
* KPBSD Wellness Survey – Concerns regarding the low participation numbers in our own survey.

11:54 National School Lunch Program updates

* Next week there will be individuals here that come every three years to audit the NSLP. New regulations that will be in place for 17/18. Smart snack updates as well which includes snacks being brought into the schools and ensuring that those snacks need to follow the same guidelines. The lunch program runs on a shoestring budget and the foods have to meet specific guidelines, so making those two things match is very difficult.

12:00 Lunch

12:45 Future direction for the Wellness Committee

* Review of the KPBSD Wellness Policy (BP 5040) and Student Nutrition and Physical Activity (AR 5040).
* Alaska School Health and Safety Framework.
  + Health Education – currently taken on by Curriculum
  + PE and Physical Activity – falls under the charge of Wellness Committee
  + Nutrition Environment & Services – falls under the charge of the Wellness Committee
  + Health Services – currently managed by Carmen Magee and Health Services department.
  + Counseling – Special Education department manages
  + Social & Emotional Climate – Currently not managed, should fall under the charge of our committee
  + Physical Environment – falls under Planning and Operations
  + Employee Wellness – previously fell under HR, should that now fall under the committee? Discussion regarding whether or not this should fall under the Health Care Committee’s charge.
  + Family Engagement – Do we want to take that on at this time?
  + Community Involvement – Possible partnership with the Central Peninsula Health Foundation, MAP in the Homer area

Discussion regarding taking on the whole child chart and charging committee members with specific components of the chart and be more responsible members. Look in the community at the resources within our community to utilize the free resources that are out there.

Homework: JP to send out the AK School and Health information. Review the information in the 45 page document on all ten components, implementation guides. We will focus on the two charges that we currently have and do a good job of taking care of those two items before we move on. Having additional meetings to work on an action plans and taking a look at the KPBSD survey results. JP will create Google slides that he would like to receive input from everyone on this committee. This will be used to discuss issues that arise and concerns that our community have brought forward, as well as brainstorming to guide our future meetings and action items to make meaningful changes.

2:00 Adjourn

Next meeting scheduled for March 30