

**Student Wellness Advisory Team  
September 10th, 2018**

**Mission:** The mission of the Student Wellness Team is to educate students, parents, and staff to promote healthy lifestyles and environments in order to improve their health and performance.

**Purpose:** To provide education and promote healthy lifestyles and environment to improve the health and performance of students, parents and staff.

**Expected Outcomes:**

1. Welcome Committee Staff members
2. Updates from our AC and EPS Nurse
3. Review Policy and Regulation
4. Review Student Wellness Activities for 18-19
5. Review Updates on Sites
6. Discuss Next Steps

Upcoming Dates: 12/6/2018 Neuwoehner Conference Room 9:30 AM

2/26/2019 Northview School 1:00 PM

5/6/2019 SSD Board Room 4:30 - 5:30 PM

Starting Time: 4:30 PM

Ending Time: 5:30 PM

Location: SSD Board Room

WHAT? (Content/topic)	WHO? (Presenter)	TIME REQUIRED
Welcome/Introductions	Pendergrass/Gillham/Conley	10
Nursing Updates Clinic Updates, Exclusions, Narcan Update, Flu shot Update, Exhibition in December,	Conley/Gillham	20
Review Policy and Regulation	Pendergrass/Gillham/Conley	15
Discuss Student Wellness Activities for year	Pendergrass/Group	10
Review Site for suggestions	All	5
Other information: JUUL Firehoses		

In Attendance:

John M, Alicia, Wendi P, Elaine, Katie, Anna, Stephanie, Melissa

## Meeting minutes

### Welcome

- Nursing updates, clinic, exclusions, Narcan updates
  - Clinic worked on administration policy 4 incidents this year. Keep students safe. Medication posters are up in the Clinics and are being followed. Identify student and another type of identification. MAR trying to make this under live medication record on computer.
  - Visits – report out end of each year. In clinics logged 70,000 visits. Come in for fever, stomach, headache 867 report out every month. Will have better numbers to figure out next year. We will have more data to pull. Restraint kids would drive up the numbers. Some kids come in because of anxiety, stomach hurting. Didn't chart because they come down to see us. Mental Health parts are involved.
  - Friday's and Wednesday – Teamwork Blue Friday's loyalty confidence, ask why Wednesday. Pink Wednesday will be for Breast Cancer Awareness. Back to school immunizations @ North Tech 70 students who had not had them. Going along with Aug "" date, 100% compliance with students. Rondia – Show me Vaccs, putting information in. Narcan – Bumps opioids off the merry go round and then they come back.
  - Dr. Campbell wrote an order for it. Have available whether it be for students or staff. Locked up, is available. The nurses had training national alcohol and substance abuse. 60-61 December 5<sup>th</sup> The Addiction is Real partnership. Parents, workers... idea to see is how many things you can find in a teenagers bedroom. Shot clinic for student's different locations.
  
- Review Policy and Regulation
  - Lisa checking on the kickstart. Cups of fruit, sliced veggies More varieties at the schools. Worry tastes good to them. But they need real food. Like sausage biscuits. Staff may need to remind them and pick better choices. Offered a variety... How much staff support? Some kids are very picky eaters. Teachers may just be glad that they are eating. Fruit parfaits – students are able to put different fruit and granola in it. Protein sticks better than grains. Kids are hungry and they do not get the food they need.
  - Started fruits and vegetables program. Meeting with Lisa this week. Allocation each student 10am-2pm different types of Federal Program. Mini grant for same thing to get at the other SSD Schools. School person order the food through local produce company. Students wash the fruit and veggies? No fruit sharing.

Eckert's fruit prize. Could come to your school and hand out apples.

Discuss student wellness activities

Move it Program once a month, vision, hearing, dental van, watching out for JUUL.