

## SCHOOL HEALTH ADVISORY COUNCIL

### *Minutes 9-27-17*

In Attendance: Bobby Cobb, Wendy Duemmler, Kathie Fenner, Wendy Nielsen, Lucinda Ourant, Sallie Roberts, Christine Skrutowski, Mark Strickland, Blaire Traywick.

#### Business:

- Sallie Roberts, Clinical Dietitian, presented a UCPS NC School Health Advisory Council (SHAC) checklist including an action plan for evaluating the goals of SHAC which were decided May 2017. (see below)

#### 2017- 2018 Goals:

- 1) Expand community awareness regarding opiates and heroin.
- 2) Continue work and planning with the Whole Child model to enhance wellness and self-awareness.
- 3) Create a Youth Board of Health to get involved regarding drug use, wellness, and health.

The goals will be re-visited to measure progress at every meeting and reviewed annually. (see attached SHAC checklist and goals)

- GOAL 1: A Safe Schools Initiative Program is currently in place that includes the Sherriff's Department, Health Department, UCPS, and community members regarding opiate/heroin use. Methods for measuring implementation of goal: obtain data from the UC Sheriff's Dept. and the 10<sup>th</sup> grade student survey to establish a baseline. Marketing of the program is soft and advertised as a "public health event". Many families do not understand what topic is being presented, which was reflected in the low attendance at the Monroe High event, totaling 8 people, whereas the Marvin Ridge High event had 250 people. MRHS had announced the program as a Drug Education event. Suggestions from the committee: call it a "Drug Education and Awareness Program" or be even more specific. Another suggestion was to have UCPS advertise it as a program being sponsored by the UC Sheriff's Department and not have UCPS name associated with the marketing.

Lucinda Ourant, RN at Marvin Ridge High School, expressed how the goal to expand community awareness regarding drug use can be much broader and could incorporate staff and curriculum education enhancements.

Bobby Cobb, Interim Health Director, suggested that material available both online or taped during the program at Monroe High, could be used as training to spread awareness to staff. In addition, the Department of Labor has a 1 ½ hour training course to keep responders for opiate overdose safe, as the tiniest exposure has been found to cause risk to the responder.

- GOAL 2: Continue efforts to have UCPS promote and utilize the Whole School, Whole Community, Whole Child (WSWCWC) as adopted by the NC State Board of Education

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last year. Adopting the model would need support from upper administration to achieve this goal. (see attached model)

- **GOAL 3:** Create a Youth Board of Health to get involved in wellness, health promotion, and incorporate the WSWCWC model. Christine Skrutowski, Nurse Supervisor, spoke with the faculty advisor for HOSA (Health Occupation Students of America) at Cuthbertson High. They have 50 students in their club, and 4 other high schools have HOSA clubs as well. The advisor would be happy to work with the Health Dept. and SHAC to facilitate a Youth Board of Health. Jackie Morgan, Div. Manager PH Operations Manager, shared earlier in the week that she also wanted to incorporate students interested in marketing to advertise the goals being implemented. Christine Skrutowski will reach out to the DECA (Distributive Education Clubs of America) faculty advisors at Cuthbertson for further feedback and input.
- A parent proposed to eliminate all birthday snacks from the classroom, and felt that only the child who is celebrating their birthday should get a snack. This would decrease the amount of sugar and dye ingested, and potential allergen exposure from 25-30+ birthday treats eaten a year per classroom. Mark Strickland, Ass't Superintendent for Administration and Operations, offered to approach a Board member to discuss as a policy, but stated it could be a difficult argument to cut out cupcakes when we are serving soft drinks in the high school.
- Discussed Alliance for a Healthier Generation Healthy Schools Program. They have goals designed to achieve Bronze, Silver, and Gold level status. Upon reviewing the criteria, Blaire Traywick, District Administrator for Arts and Humanities, had concerns that we wouldn't even meet bronze level due to not having 60 minutes of "physical education" per week for elementary schools. Recess is not included in that as it is a separate requirement. High School would have to require PE for more than one year. Christine Skrutowski mentioned that another requirement for bronze level is that School districts offer all staff members accessible and free or low-cost health assessments at least once per year. Although full time employees are offered health insurance that can include a free physical every year, that does not include part time employees so the concern is who would fund annual health assessments. Sallie Roberts will reach out to the organization to see how other schools meet these criteria.
- 5:15 pm - meeting adjourned.