

Brentwood School Health Council
Thursday, December 11, 2014
Minutes

Members present: Dr. Amy Burch, Dr. Howard Pittle, Mariagnes Greer, Jaime Jones, Nancy Kaminski, Deb Kendra, Karen Manning, Kristine Thieshen

Meeting began at 3:05 pm.

Nancy opened meeting by reporting on “School Wellness Councils” webinar, attended yesterday and sponsored by Penn State Hershey Wellness Center. Powerpoint from presentation will be made available and shared with members. Our council has been in existence for approximately 10 years (since Karen, Nancy and Gary Cramer were trained in School Health Leadership by the ACS) and would benefit by “revitalization.” Some suggestions were to include community leaders (possibly EMS or VFD), and student representation on council, as well as finding ways to get more community involvement (health fairs, sponsored by SHC, and open to the community, have not been well-attended in recent years). Dr, Burch will check with students on Superintendent’s council to recruit an interested student or students. Nancy will contact Joanne Cook at EMS for possible volunteers to council.

“Celebrate a Healthy Brentwood” – as noted above, attendance at this event has not been great. Deb noted that Ringgold (where she previously worked) held health fair that was well-attended and successful. She will try to get some information on vendors, how they set it up, etc. to share with us next meeting. Elizabeth Forward has also had successful health fair program and Nancy will try to get information on theirs.

Jamie discussed changes in phys ed curriculum which includes an opportunity for students to experience different forms of fitness (utilizing Gold Center equipment, participating in Zumba, yoga, Pilates and meditation) as an alternative to traditional competitive gym activities like dodge ball, volleyball, basketball. It is hoped that students will develop fitness habits and activities that they can continue throughout life. It was also noted that there seem to be less medical excuses from gym this year!

Nancy discussed Employee Wellness. Participation in WebMD rewards program is up this year, over 100 (\$25) reward cards have been awarded. Flu shots for employees were provided by American HealthCare Group on site in each school. Kristi noted that the elementary teachers appreciated not having to come to the high school to get their flu shots and Jaime noted that it was much easier than going to a MedExpress (which is what we did last year). Employee Wellness Inservice Day is scheduled for the full day inservice in May, but will be just half of the day as the other half is to be used for Special Education inservice. Wellness committee (made up of faculty) will meet in January to begin planning.

Kristi and Aggie reported on the student flu shot program, also provided by American HealthCare Group and held at the elementary open houses. Although there were some glitches with paperwork, approximately 50 flu vaccines (injections and nasal mist) were given in each

building and families seemed to appreciate the convenience of having this opportunity. Kristi suggested getting paperwork for the adult vaccine out to parents ahead of time, along with the children's paperwork to streamline the process in the evening. Nancy reported that Sarah Steranko (in her report to the Allegheny County Immunization Coalition) was very complimentary about Brentwood being the pilot school for this program – they are continuing to provide this to other schools and are making adjustments as they go along, but plan to continue the program next year.

Howard noted that the flu shot this year does not seem to be effective against Type A, and he has seen a lot of cases in the elderly population, most of whom did receive a flu shot. Even with that being said, it is still recommended that people receive a flu shot to protect against the other strains of flu and perhaps lessen the severity if the flu is contracted.

Deb reported on the school lunch program. She acknowledged the difficulty of balancing the Federal guidelines with what kids will eat! She currently has overstock of some items (deli ham, peanut butter) and asked Dr. Burch about the possibility of “swapping” surpluses with other food directors who may have a surplus of something else – Dr. Burch will check into the feasibility of doing that. Some of the changes, including the nacho/wrap bar at the middle/high school seem to be popular with the students. Deb tries to go out and listen to what the kids are saying about the food, and has also asked her staff to not serve it if it doesn't look like something they would want to eat.

Next meeting – scheduled for February 12, 2015, 3pm in the High School Library

Meeting adjourned at 3:40 pm.