

RCSS School Health Advisory Council Minutes

Meeting Date: April 29th, 2019

Location: RCSS Boardroom

Council Members Present:

Edwina Ashworth (Director of Administrative Services for Students); Jayme Robertson (Asst. Director- School Nutrition/RDN); Eric Gee (Assistant Principal); Marty Trotter (Asst. Superintendent); Kelly Green (Director-School Nutrition); Greg Brewer (Safety Coordinator); Brianna Rouse (School Social Worker); Larry Chappell (Director of Middle Schools/AIG/MTSS/Title II/Title V)

Minutes:

Edwina Ashworth called meeting to order.

Minutes from last meeting were discussed, modified and approved.

Old Business:

1. Vape Pens and Juuls
 - a. Health Department representative (Kendall/Wendy) volunteering to present information to parents at open house in all high schools
 - i. Principals provide location; advertise
 - ii. Will expand to MS in the future
 - b. Red Ribbon Week (October) – specific educational lessons on vapes/juuls
 - i. HS Health/PE representative, Seth Baxter, can provide resources he received at a recent training
 - c. Council members discussed inventive new ways of obtaining juuls
2. Healthy Choices/Nutrition for Athletes
 - a. Pilot at WHS
 - b. Provided during the day during weight lifting classes (~20-minute lesson)
 - c. Topics will include: general nutrition, sports nutrition, dangers of cutting weight/restricting calorie intake, fad diets, disadvantages of pre-workout drinks, and hydration
 - d. Handout to distribute to all MS/HS Athletic Directors on age appropriate calorie limits based on height/weight/gender/activity level

New Business

1. Title V Updates: Goal - Continuing to expand on programs that are already in place
 - a. Sexual Risk Avoidance Educational Grant – puberty, healthy relationships, previously termed “abstinence grant”

- i. 4th and 5th grade participated last year;
 - ii. 5th and 6th grade will be participating from this point forward;
 - iii. Provided chrome books for six grade health classrooms; curriculum specialist developed lesson plans to incorporate the technology into the curriculum
 - b. Reconnect to Resilience (counselors, social workers, nurses) how to better support students with trauma
 - c. Safe-Talk (student advocates)
 - d. DPI Student Leadership Academy at Pfeiffer University
 - i. Liberty & NERMS accepted and sending team of students
 - ii. No charge to students
- *Total of 1561 students ages 10-13 received education/support this year
2. Goals for 2019-2020 School Year:
Continue expanding on 2018-2019 goals;
- a. Expand training provided to support personnel to classified employees and teachers;
 - b. Incorporate student/staff wellness initiatives presented in wellness policy; i.e provide alternative options to food as reward;
 - c. Present goals at principals meeting to reach more administrative personnel.

Roundtable Discussion:

1. Nurses working on health plans for next school year
2. Last Menu Committee meeting held on 4/22/19; Menus in place for the 2019-2020 school year
3. Product/Recipe testing out in schools with parent volunteers
4. Health Fair for FFVP grant at Ramseur Elementary in May
5. Working with cooperative extension to consolidate nutrition programs currently offered throughout Randolph County
6. Emergency Preparedness System – REACT; free service that will send call/text if having storm
7. Removing dangerous chemicals
8. Goals moving forward: Proactive instead of reactive

Next Meeting: 9/30/19

Meeting Adjourned.