

Minutes for the Child Health and Welfare Committee

January 30, 2014

Attendees:

Lori Casey - Associate Superintendent of Education
Mike Witkowski – Principal Intermediate
David Brown – Principal, Elementary West
Ken Hyllberg – Principal, Elementary East
Stacy Anderson – Principal, Primary
Sean Murphy – Assistant Principal, Middle School
Ashley Conway – Primary, Physical Education
Chris Mistrata – Primary, Physical Education
Ken Burgess – Intermediate, Physical Education
Carrie Modra – Primary, Speech Language Pathologist
Ashley Brooks – Elementary East, Teacher
Judy Gilbert – Arbor Management
Shannon Swanson – Parent
Ellen Crahan – Middle School Teacher
Adam Krieger – Warren Township Youth & Family Services

2014 Fun Run Update

The date for the Fun Run is May 9th and hosted by the Foundation and the PTA. There will be two races and they are looking for sponsors. Nancy Kehoe is responsible for sponsorship and she can be contacted at woodlandpta50@gmail.com for more information. The PTA will have a competition for each school. The school with the highest percentage of attendees will be awarded \$300.

Volunteers are welcome to join the fun! Julia Plescia and her team will be helping out with first aid. To register for the race online, go to: itsracetime.com and sign up! Monday, March 31st the registration form will go home with the students.

The committee suggested the possibility of a family rate this year for the Fun Run. Rates have remained constant this year. For next year, some wanted to explore an interest in a 10K race. Any local companies or organization may set up a booth during the event. Clubs at Middle school may be interested in volunteering. If you are interested in volunteering for the Fun Run, please email Penny Dagley at: pdagley50@gmail.com.

Parent and Student Handbook Updates:

Listed below are a few updates being made to the Parent and Student Handbook:

- There is a new law that addresses the right to access a student's social network account. Elementary and secondary schools may request or require a student to surrender a password or account information in order for school officials to access the student's profile if the school has reasonable cause to believe that the student's account contains evidence that the student has violated a rule or policy. The notice must be published in the elementary or secondary school's rules, policies or handbook. And the notice must be communicated to the parents and students.
- There are new, concealed firearm and carry law changes.
- Students have an extended time of 395 days to complete a school physical.
- At Middle School there was a program called Talk About It. This program allowed students to report something of confidential nature to the Administration. This program is now being replaced by Quick Tip. Quick Tip will facilitate anonymous reporting on any topic, from bullying to vandalism.
- Erin's Law will be added to the Parent and Student Handbook.
- The Middle School's ROAR rubric needs to be updated.
- All updates need to be sent to Lori Casey.

Update of Health & Wellness

Primary:

- Primary will be having the 2nd annual Jump Rope for Heart event.
- Primary did obtain a grant which will be used for purchasing additional nutritional materials.
- They have a new vendor for the vending machines and new offerings are now available.
- Primary School has several brain break stations where the kids can cool down. They can focus on Yoga poses or concentrate on their breathing to calm down. They also have a place called the North Pole where kids can go to cool down. They can then count to 3 or go into a child's pose.
- On Institute Day there will be fitness stations for the entire staff.

Intermediate:

- Intermediate School has partnered with our food vendor, Arbor, to help students make good choices about food in both the quantity and selection.

- Fitness Donation for Heart raised about \$28,000 for Football for Hearts.
- Arbor did a great job offering nutritional information for diabetic students.
- The Physical Education team is implementing the CATCH program. There are 6 different themes to the program. One of the themes is for the staff to provide a healthy role model for the students. Another theme is the Go, Slow and Whoa Foods. The Go Foods include foods that are lower in fat and sugar which include fruits, vegetables, whole grains and lean meats. Signs in the cafeteria are posted near the food so that the students can see what food are Go, Slow, and Whoa foods which will help them make healthy choices. There are also posters throughout the school which list WHOA, SLOW AND GO foods.
- In addition to the CATCH program there are additional options for nutritional education. A representative from Condell can come out and discuss the program. Their website has a lot of information. Condell offers CPR training for professional nurses. Condell is able to train the health assistants on a SIP day.
- A skin cancer prevention program through American Cancer Society will be implemented in the spring. A brochure will be sent home to the parents so the information will be available to the entire family.
- Intermediate School will be moving to allergy aware classrooms instead of nut free classrooms.

Elementary West & Elementary East:

- They will be having the Jump Rope for Heart program. Both principals will be participating by jumping rope.
- Parties are becoming balanced with healthy alternatives being offered. It is an ongoing discussion with the parents with offering an equal amount of healthy snacks. Vegetable platters for parties are becoming more popular. The focus should not be about the food but the activities. Arbor can provide party treats.
- Danielle Donohue, the occupational therapist, will be working with staff during our March 3rd Teacher Institute day to review student movement break strategies. Staff will learn by taking movement breaks and stretching.
- For indoor recess, when the gym was not used for physical education, the gym was offered for recess. Dance videos provided some critical movement and have developed dance routines.
- Staff volleyball was fun activity that many participated.

Middle School:

- A \$950 Trustmark grant was received for additional nutritional material.
- Ellen Crahan was featured in an article called “Woodland nutrition class teaches kids about fat, salt” that appeared in mySuburbanLife.com. The article was about teaching students about fat and salt in our diets.
- The vending machines are selling zero calorie drinks during sport activities.
- The middle school nurses are addressing hygiene issues such as body odor.
- At the December ROAR assembly, students from all four 8th grade basketball teams were able to play staff in front of the school.
- Bagels are brought in for team breakfast celebrations. Team breakfasts are getting healthier.

Arbor is enthusiastic to coordinate with the CATCH program. They have done a great job in helping out with the Slow, Go and Whoa choices.

If any program needs more publicity, please feel free to contact Jen Bova or Lori Casey to communicate the programs and initiatives that we are implementing in our schools.

Adam Krieger, the Executive Director of Warren Township Youth Services, will be offering a program aimed at the students at middle school. It will be a program for the mind and body and for those that have ADHD.

It was suggested that a statement should be considered for the Parent Handbook regarding all of the healthy initiatives.

Lastly, members of the Child Health & Welfare Committee should update your team leaders and let them share the initiatives of all the schools.

The next meeting will be held on April 8, 2014. Please contact Lori Casey if you would like to suggest any additional topics for discussion.