

## **School Health Advisory Committee (SHAC)**

Meeting Minutes

10/3/16 – 3:40 to 5:00pm

Barre Town Library

Co- Chairs: Tanya Crawford-Stempel and Laura Thygesen

“The School Health Advisory Committee creates supports and implements programs and policies that utilize knowledge, skills and experiences to support and sustain life-long healthy choices and connect health and learning for students, parents, staff, and community.”

### **In Attendance:**

Laura Thygesen

Tanya Crawford-Stempel

Gage Simpson, 6th grade student

Tara Simpson, Parent

Karen Nelson

Krista Battles, 7 th grade Science

Erica Dolan, Parent

PJ LaPerle, SAP Counselor

Karen Moran, Parent

Jen Nye, Co-Principal

Annie Finnegan, Abbey Group

1. Goal of SHAC: To be an advisory committee, stay up-to-date with state and national initiatives. Create a yearly Action Plan. Last year, surveyed staff, took information that used in the planning and preparation for this year's Action Plan that focuses around WSCC.
2. Information was shared around King Arthur Flour. Erica shared her experience of working with this company: A one-time event--like a cooking event. King Arthur brings a bread, a camera is used so that ALL elementary and ALL middle school students learn at one time. In the end, the children go home with a bag of flour, recipes (a kit). The suggestion is that the students go home and teach families how to make bread and for the community. All FREE! Chef Bob is looking to see if this is something that we can do at BTMES.
3. Kitchen Report:  
Annie reported out that the Harvest of the month is Kale. Kale Chips will be offered next Friday. Laura shared that takes students to garden for taste testing during her classes when time allows. Kale Pesto will also be featured sometime during the month of October. About \$449.00 was the profit from the Harvest Dinner that was had in the past. Approximately \$1600.00 was made for the Crops by Kids Garden.
4. YRBS (Youth Risk Behavior Survey) was done in February 2015 at BTMES. Every 2 years most schools in VT participate in this survey. One in middle school 6-8 and one for high school.

All information can be found on Education website. Survey results just came in. Usually we get results the fall of the same year. Middle school students help create an action plan based on high school survey data. What's different this year, is that the survey results are 16 months "old". Results are in which compares BT to State's Data. Looking at the data briefly...concern that we've had for many years are suicide and depression rates

Sad or hopeless every day for 2 weeks: 26% at BT 20% at State

Seriously thought about suicide: 29%at BT 18% at State

18% have made a plan

\*\*Check with PJ for exact details\*\*

Assets that are still concerning:

Feel valued/cared in my community:

BT: 48%

State: 55%

Teachers really care about me:

BT: 58%

State: 63%

Students help decide what is going on:

BT: 36%

State: 43%

Next steps for YRBS data...

Still trying to synthesize the data.

PJ and Sarah will present to staff at next faculty meeting in October for further guidance (Provide resources for staff)

The next survey will be administered to middle school students in Feb. 2017.

Idea: Could the survey be done at a different time of year? October? June?

Look at further training at the TA model regarding relationship building as a means of helping students with the guidance piece that is needed based. Visibility...students knowing where to go...knowing who's available...where they can find these folks, etc. Clarifying what issues are best to address with the TA versus other folks such as counselors.

Monthly mental health/relationship topics: Examples...depression, anxiety, trauma, coping strategies for a warm hand-off, etc.

5. Action Plan:

Item #1: Strengthening relationships in the BT community via the WSCC model:

Activity #2: How can we get other help or resources? Data for dental health? Helmet safety, etc....to have these folks in attendance at these events.

Activity #3: Looking at ways in which the WHOLE school can be together.

Activity #4: Clarify with Student Council the role students have on SHAC.

Item #2: Development of Sustainable Physical Activity System K-8:

Recess everyday is more important to me. How do we support all of the interests and what kids need?

Resources on-line that teachers can access at all ages.

Spot outside where students can eat.

Longer block of lunch time--as students finish eating, they are welcome to go outside.

Open Gym

Mileage Club

BSU SHAC Committee that will focus on writing the Wellness Policy.

Next Steps:

1. Annie and Chef to meet with administration to discuss next steps. Follow-up Ideas include: students baking for Holiday Gift Drive, bread club after school,
2. Look at the possibility of sharing the YRBS data in the Town Report OR, include the link to the YRBS data into this report.
3. Administration to work with tech department about the possibility of emailing families key information (newsletters, events, etc.)
4. Spend future SHAC meetings to focus on the Action Plan.