

School Health Advisory Committee (SHAC)  
Meeting Minutes  
12/7/15 – 3:40 to 5:00pm  
Barre Town Library

Co- Chairs: Tanya Crawford-Stempel and Laura Thygesen  
Notes submitted by Leah Finch

“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:** Tara Simpson, Leah Finch, Bob Hildebrand, Lauren Singer, Tanya Crawford-Stempel, PJ LaPerle, Lexa Jones, Sarah Drohan, Karen Moran, Dana DeMartino, Angie Carpenter-Henderson, Lauralea Curavoo, Ann Gilbert, Erica Pearson

**Review November minutes**  
**November meeting minutes approved**

### **Introductions**

#### **WSCC 10 Domains:**

- **Review of Staff Meeting Activity**
  - Staff gave input for each module (what are we already doing and what would we like to see)
- **Community Involvement**
  - Review what we are already doing (Some examples: Holiday Gift Drive, Norwich students, peer mentoring, SHAC)
  - Look at what staff would like to see (Some examples: Family Fun Day, more community involvement, Food Bank partnership, Big Buddies with Spaulding, after school program, parent/professional visits)
  - What has this looked like at other schools?
  - Erica is meeting with Alex Rob (Community Connections) for afterschool programs that are very structured.
  - Chef Bob: What is our community? A lot more opportunities if we branch out of Barre Town.
    - Washington County (Erica)
  - Could we create a connection with a college (visits, set up activities by the professor, college buddies)? Would this be possible for Norwich? Students come to shadow P.E. once a year.
  - Have high school students come to Barre Town and talk/show students different opportunities for when students get to high school (ex. forestry department comes to show lessons for what it looks like in these programs in high school).

- In Kansas, students would write a grant and shadow a profession or college program for a career connection & explore different topics- student initiated
  - Have us look at college/career day for the school - look at this school wide
  - Introductory assembly at the beginning of the year- teachers introduce themselves and the college they went to (the more they hear and see, the more realistic it becomes)
  - Erica and Sara have discussed putting together a career fair by using the community
  - Nights of concerts- VSAC could come to get families involved
    - Having more community involvement in after school activities (concerts, open house, etc.)
  - Grandparents/special friends day - share work and share appreciation of grandparents, getting them involved and part of the school community
  - Adopting a nursing home, health facility (kids can create cards, art, etc. to spread happiness)
  - The shelter would love leftover food from our school- how can we get students involved in this program?
  - Share table in the lunchroom (USDA recommends this)
  - Dana (Community Health Team Assoc. in Peds)- Pediatric Practice is open to doing anything that we need (presentations, small group stuff, they currently have a Healthy Eating, Healthy Living for students with higher BMI, yoga class for 13+, she would be happy to do something here at Barre Town)
  - Ann (Central Vermont New Directions Center)- trying to develop more parent education (courses or presentations), showing films currently in Montpelier- would like to branch out to other communities as well, she held a parent workshop in Northfield
    - How do we get families that are struggling to these workshops? Dinner, transportation, etc.
  - PTO Movie Night- have an informative parent movie going at the same time
- **Health Education**
    - Review what we are already doing
    - Look at what staff would like to see
      - suggestion- “Did You Know”... (ex. sleep facts) - part of newsletter or an announcement in the morning - students can do this
    - **Health Educator Share:**
      - a plan to align the health education to national standards
      - currently the curriculum is aligned for classroom teachers to use
      - Middle School has health for one quarter- short amount of time
      - Elementary has health for half the year
        - It would be nice to have them for more than this!
      - Community involvement - the nights we have parents at school- have information for them
      - put student posters out in the community

- We are advocating for tobacco free in our health curriculum
- Students in health class could write the “Did you know” posters for an audience (high school?) -- PJ would be willing to take them to the high school
- Times Argus- print one of these once a week or Red Ribbon Week
- Middle School class covers serious topics - decision making, suicide prevention - a lot of it is built from elementary health topics covered
  - Students need to be reminded that this class is important for them
    - the topics are serious
    - Suggestion - share health information learned in the class through announcements

### **Old Business:**

#### **Taste Testing -**

- Happens every other Friday
- Squash was a focus all month long
- Last month was kale pesto pasta
- Ms. Wood’s class created posters with the data from the last taste testing

### **Ending Reflections**

#### **Table for next time:**

*Awareness Walk*

*Repurposing Food*