

School Health Advisory Committee (SHAC)
Meeting Minutes
11/2/15 – 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: Laura Thygesen, Tara Simpson, Leah Finch, Bob Hildebrand, Karen Nelson, Jen Malnati, Lizzy Malnati, Lauren Singer, Tanya Crawford-Stempel, PJ LaPerle, Melissa Brown, Lexa Jones, Sarah Drohan, Karen Moran, Erika Dolan

Introductions

October meeting minutes approved

Announcements:

- **Changing agenda for those leaving early**
- **PBIS Elementary School Celebration**
 - Pk-4 students met by grade level to celebrate the success of earned Caught You tickets. Each student received a keychain and there was a dance party.
- **Fuel Up to Play 60 -- PJ**
 - Promotes good nutrition
 - Students are recruiting others to get involved
 - posters & flags for promotion
 - going to classrooms to sign up
 - Website doesn't show how many students are participating so no data is available regarding this
 - If you are an ambassador then you can earn points for completing certain activities and you can earn incentives for the school
 - Having a hard time to get students involved
 - Laura/PJ will touch base with other schools regarding this
 - Could we link with student council to get students logged in and then spread to peers?
- **VT School Nutrition Conference**
 - Bob- took exam for the morning, he networked with other school service professionals, did a seminar in afternoon (people skills), he is going to farm to school conference this week

- Tanya- BT wellness policy is an example for the state, she presented our wellness policy and process for making it
- Erika- shared farm to school representatives were in attendance

WSCC 10 Domains:

- **Physical Education & Physical Activity**

Physical Education

- K-12 PE curriculum
- VT got rid of GLEs and adopted national standards
 - Curriculum & assessments are developed based on national standards
- Where would we like to be?
 - Collaborate more with BC K-8 - same curriculum but different philosophies, would like to build common assessments as a district

Physical Activity

- Trying to find where this fits in K-8
 - K-4: 30 minutes requirement of PA is met at recess
 - 5-8: PA requirement is not met (there is not daily recess)
 - does sports offering for 7-8 help meet this? (transportation is not offered, not accessible for everyone)
 - need to grow in this area for PA
 - Last year at staff meetings PA examples were shared at every meeting
 - There is a goal this year to keep it moving since there was a big push for it last year
 - Shared a link for each teacher's desktop for resources to have at teacher's fingertips & appropriate for 5-8
 - Indoor recess is a challenge
 - Question: what about the 15 minutes extension for the day? Is there more time for this because of the extension of the school day?
 - This is a curriculum & TA time extension
 - Question: Is it possible for 5-8 to have recess every day? Why can't we fit it in?
 - Band & Chorus- is this a statewide requirement? Is this a supervisory requirement?
 - Sarah D is going to look into this and report back at the next SHAC meeting
 - Where would we like to be? Link more with the community. AD at school is doing outreach with youth sports, BT recreation, & BT Forest
 - Can we reach out to BYSA?
 - How can we as a school be a bulletin board, so parents have more information about community events? What would this structure look like?
- **Employee Wellness -- Melissa Brown & Laura T**
 - Supervisory had the highest percentage in state of Vermont of employees that completed the Healthy Life Survey!
 - Qualified to apply for \$10,000 grant

- PATH registration is open as of yesterday, the adventure starts in January
- Barre Town has a faculty/staff wellness room
- Path is point based for employees to earn incentives by completing adventure (LL Bean gift card)
- Thatcher Brook is creating events for those who would like to attend after school, Erika will share the survey for employee input to see what everyone is interested in
- PATH team is made of the 5 schools within the district (there is representation from each school)
 - PATH team is putting out a survey to see how we should spend the grant money
 - they put together incentives for staff teams to fill out survey
 - Path team puts together flu shots, yoga events, evening workshops for faculty & staff

Old Business

Taste Testing (Chef Bob)

- Kale chips scheduled for this Friday
- Tanya is reaching out to teachers k-4 to schedule taste testing
- Jen & Tara will run the taste testing
- Chef Bob will put together a schedule & send out to newsletter

Repurposing Food (Chef Bob)

- Webinar not online yet
- Look into whether someone has had success with this in the state
- Check in with food bank regarding what this could look like

Approval of Action Plan

One word reflection!

Table for next time:

Awareness walk

Repurposing Food