

SCHOOL HEALTH ADVISORY COMMITTEE MEETING MINUTES April 29, 2019

The School Health Advisory Committee met at 7:15 a.m. April 29 in the Elementary Computer Lab. See sign in sheet for members present

We opened the meeting with discussion about Wellness Week. Overall it went well. Elementary felt the information was rushed because of the busy schedule. We discussed trying to do it earlier in the school year next year.

Nurse Anne went to a MET Wellness meeting and explained that we need to increase participation in our employee Health Risk Assessments (HRA's). HRA's are a screening tool to help individuals identify their health risks, such as high blood sugar or hypertension. Health insurance is a huge cost to employers, the insurance company wants employees to find and correct health problems. These HRA's help with detection. Some of the ideas to increase participation are to have food ready afterwards since the tests have to be fasting. Get a couple subs to help cover teacher classrooms. Get it on a PD day, so teachers aren't rushing to morning duties. The number one choice was employees that participate can change a sick day to a personal day. Anne will check with Mr. Soden about that.

Eladia from Webster County Health Department presented information on their new distracted driving prevention course. They received a grant to go to area schools and present a classroom presentation with pre and post tests, then a peddle car obstacle course where students wear special distracted driving goggles that may black out for 3-5 seconds. She reports it went over very well with the Marshfield students. Nurse Anne will forward the information to the MS counselor, and HS health/PE teachers.

Saturday May 4 is community safety day at Marshfield Fair Grounds. They will give away 100 free helmets, and there will be a drawing for a free bike. WCHD brought flyers to send home with students.

Next meeting will be when school starts in the fall. Contact Anne Stever if you are interested in being on the School Health Advisory Council. Ext 1442.

