

SHAC/Wellness/District Improvement Committee

Agenda/Minutes 9/9/18

Wellness Discussion:

- Focus on nutrition education
- Physical activity
- School-based activities that promote student wellness
 - Health fair
 - Camp gladiator
 - PE minutes
 - Recess doubled
 - YMCA discount
 - Mile club-Brister
 - Int. Fun Run
 - Blood drive
 - \$90 above state minimum for employee ins.
 - Flu shots
 - Summer food bus
 - Wellness wednesday emails
 - semester competitions
 - JH Health class
 - Health Science @ HS
 - FCCLA
 - AED increase
 - Epipens
 - CPR training/first aid
 - Field day
 - Drug awareness education
 - Red ribbon week
 - Meet the counselor day at JH
 - Teen dating Info.
 - Stop the bleed
 - Fitnessgram
 - Nutritional info posted on wall in cafeteria
 - Water bottle machine
 - Employee weight room access
 - Track open to community
 - Summer workout/camps
 - Texting and driving

At this meeting, the DIC combined with the SHAC committee to brainstorm elements to update and enhance our Wellness Plan for 2018-19. The result was a new Wellness Plan developed with the District Improvement Committee, parents and students.

A Vaping Presentation will be presented to middle school and high school students by Robb Holiday on 11/13/18.