

Daisy Meeting 12/9/2014

Committee Members Present: Ben Thigpen, Danna Westerbeek, Bonnie Johnson, Lisa Jones, Sue Ellen Cottle, Lynn Pate, Beth Lanier, Sue Slaon, Jeff Thigpen, Bridget Huffman, Shelton Graham, Jasmine Williams, Edie Barfield, Karen Levings, Shawn Johnson & Shannon Smith.

Edie Barfield opened up the meeting by welcoming everyone. Shelton Graham provided the blessing of the lunch that was served by Student Support Services.

Minutes from the November meeting were approved.

**Bridgett Huffman** provided an overview of the SNAP-Ed (Supplemental Nutrition Assistance Program Education) "Steps to Health" program. SNAP-Ed works to help participants make healthy choices within a limited budget and to choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate. The education program being offered builds on an existing educational program called "Color Me Healthy" (PreK & K) and will target students in 2<sup>nd</sup> & 3<sup>rd</sup> grade at B.F. Grady Elementary School. A Duplin County Cooperative Extension staff person will deliver the program which consists of 9 sessions that are designed to educate and inspire young children to eat smart. Hands-on activities, games, and physical activity are incorporated into each lesson. The goal is to include at least 60 children in each grade (2<sup>nd</sup> & 3<sup>rd</sup> grade only). Evaluation of the lessons include a pre and post nutrition knowledge survey. A report regarding success of the program will be brought back to the DAISY committee. Cooperative Extension is able to offer this program in our district as part of grant funding from NC State and the US Department of Agriculture. The DAISY Committee chose to endorse the offering of this program as it was noted that one of the goals of DAISY is to support programs that promote healthy food choices and encourage our students to eat smart and move more. Mr. Johnson suggested that the program coordinator for "Steps to Health" contact the Health/PE Department at B. F. Grady so that the lessons could be arranged during the 2<sup>nd</sup> and 3<sup>rd</sup> grade Health/PE block.

**Dr. Ben Thigpen** presented the updated policy for Student Wellness (Policy Code: 6140). The policy addresses:

- A. Maintenance of the School Health Advisory Council
- B. Nutrition Promotion & Education
- C. Nutrition Standards and Guidelines for all foods and beverages available at school
- D. Physical Education & Physical Activity
- E. Other School-Based Activities to Promote Wellness
- F. Implementation & Review of Policy
- G. Public Notification
- H. Recordkeeping

The DAISY Committee reviewed the Policy Goal Development Tool Appendix to policy 6140 to identify 7 measurable wellness policy goals to include in the updated Student Wellness Policy. The seven goals are listed below:

1. “Nutrition promotion will include participatory activities such as contests, surveys, promotions, voting for school meal recipe names, cafeteria design or décor challenges, farm visits, and experience working in school gardens.”
2. “Nutrition education will be provided to families via handouts, newsletters, website posts, and presentations. The school menu will be posted online.”
3. “The LEA will collaborate with vendors to gradually replace or modify vending machines to ensure all signage for the machine promotes products that are consistent with the Smart Snacks nutrition standards and the school nutrition meal pattern.”
4. “Middle and high schools will provide extra-curricular activities that enable students to select from a variety of sports and other active endeavors.
5. “Teachers will incorporate opportunities for physical activity in the classroom whenever possible.”
6. “Schools will provide annual fitness testing for all students and provide confidential reports directly to parents. “
7. “The curriculum will include instructional goals and activities that inform students about the effects of substance abuse, negative peer pressure, and the development of a positive, productive, and safe lifestyle. “

Three of the goals (number 1,2,& 3 above) target Nutrition Promotion & Education.

Three of the goals (number 4,5 & 6 above) target Physical Activity.

One goal (number 7 above) addresses Other School-Based Activities to Promote Student Wellness

The selected goals will be incorporated into new Student Wellness Policy 6140 under the sections indicated in the policy. DAISY will monitor progress toward meeting the wellness policy goals.

Agency Sharing:

**Jasmine Williams (4-H Prevention Coordinator for Duplin County)** provided a Red Ribbon Week report (binder). She indicated that overall participation was up 16.7 % from last year. 5256 students and 11 out of 16 schools in the district were involved. Various activities were conducted in participating schools and included coloring sheets, drug prevention lessons, poster contests, essay contests, door decorating contests, poetry contests, stickers, pencils, bookmarks, coloring books, etc. Planning is beginning for conducting a series of contests and booths at DCS high schools prior to the proms. Dana Westerbeek agreed to facilitate contact to high school guidance counselors regarding prom 4-H prevention plans/booths.

**Bonnie Johnson (Public Health Dental Hygienist)** indicated that Chinquapin Elementary School will be participating in a Dental Sealant Project. 76 students have signed up to participate. These services, provided by the NC Division of Public Health, include a free exam and sealants for those who sign up. The school nurse at CES has been collaborating with Mrs. Johnson on organizing this initiative which is set to take place Jan 5-9, 2015.

**Bonnie Johnson (reported for Eastern Baptist Association)** 270 children were served at the Warsaw Christmas Toy Store Site on Monday night. The Food Bank on NC continues to offer a food pantry at the EBA location at Warsaw Baptist the 1<sup>st</sup> Tuesday of the month. This month 167 families received supplies.

**Sue Ellen Cottle (Lead School Nurse)**: Reported that all vision and hearing screenings have been completed for targeted grade levels and school nurse are in the process of securing care for students referred for failed vision or hearing screening. This is usually a time consuming process and secured care rates are monitored on a monthly basis.

Nurses are beginning to prepare for Puberty Education Classes for 5<sup>th</sup> grade student. These classes are conducted by the school nurses and parental consent is required in order for students to participate.

Ms. Cottle also reported that Vidant Duplin (Sue Wells) has conducted health screenings for staff at various school sites. At least 1 staff person had an immediate referral for abnormal values found through the screening and was able to get treatment through a local health care provider.

Student nurse interns from ECU will be returning to various school nurse preceptors in January.

**Edie Barfield (School Nurse)**: indicated that the cold and flu season seems to be in full swing. Nurses have noticed an increased number of students out due to fevers and sore throats.

**Beth Lanier (School Social Worker)**: 4 social work interns will be staying throughout the year. Also, Gang Prevention classes are being arranged throughout the county. This is being done again this year by Scott Kennedy from the Duplin County Sheriff's Office for all 6<sup>th</sup> graders county-wide.

**Jeff Thigpen (Director of Transportation)**: The NC Highway Patrol will be conducting ride-alongs or following of a bus at least once per month in an attempt to increase awareness of other drivers of school bus safety. Of particular concern has been stop arm violations and passing of a stopped school bus. Buster the Bus will be coming around to the schools in February to promote student safety on buses.

All DAISY members were reminded of the next meeting date/time of January 13, 2015 @ 12 noon in the Boardroom at the DCS Board of Education. With no further agenda items the meeting was adjourned.