



April 28, 2021

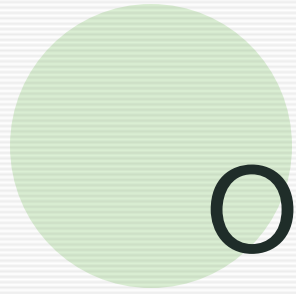
▶ Comprehensive
Health Education
Advisory Committee

Welcome

- **Elissa Cox; Director of Secondary Programs** (Facilitator of Physical & Health Education Grades 7 - 12)
- **Chad Carper; Director of Student Services** (Facilitator of Social Emotional Health & Learning)
- **Dr. Latoya Dixon; Director of Elementary Programs** (Facilitator of Physical & Health Education Grades K – 6)
- **Latisha Holt; Director of Food Service** (Facilitator of Food Service Programs & Healthy Snack Programs)

◀ Our Committee

- Comprised of 36 members
 - Teachers
 - Counselors
 - Nurses
 - Students
 - Food Service
 - Administrators
 - District Personnel
 - Community Members (Clergy, Parents, Partners)



Our Purpose

- To assist with the review and implementation of our district and school health programs
- To review curriculum components and/or materials of a comprehensive health program (includes instruction of healthy living, family life, and pregnancy prevention)
 - Cyclical reviews of curriculum guidelines and materials

Previous Work

- 2018 – 2019 School Year
 - Reviewed Health Education Guidelines and Expectations
 - Conducted Curriculum Alignment
 - Implemented Tasty Tuesday; Discovery Kitchens
 - Developed consistent Health/Wellness Exercise activities (Dance Fridays)

District and School Wellness

- District Wellness; Policy ADF
 - Nutrition Programs and Education at All Grade Levels
 - Promote Physical Activity and Healthy Eating
- District Health Education; Policy IHAM
 - Consistent with the South Carolina Academic Standards for Health and Safety Education



Annual Wellness Assessment

- Each school completes the assessment each spring
- Compiled to assess the district's wellness efforts
- 2020-2021 Key Points of Interest:
 1. Foods and beverages sold outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. (SS-1, SS-2)
 2. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader.
 3. All schools’ compliance with the district wellness policy.
 4. Nutrition education is integrated across the curriculum.



**#8:
MORE
ALERT**

SOME OF MY STUDENTS THIS YEAR CAME UP TO ME DURING A TEST AND SAID SHE WAS HAVING TROUBLE. WHEN I ASKED HER WHICH QUESTION SHE NEEDED HELP WITH SHE ANSWERED, "I DON'T NEED HELP WITH THE QUESTIONS. I NEED HELP BECAUSE I'M HUNGRY AND I CAN'T THINK."

AN ELEMENTARY SCHOOL TEACHER IN MARYLAND
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Health Guidelines

- National School Lunch Program and School Breakfast Program
 - [National School Lunch Program and School Breakfast Program Fact Sheet](#)
 - [NSLP and SBP guidelines](#)
- Fundraising
 - [School Fundraiser Fact Sheet](#)
- Smart Snack
 - [USDA Smart Snack Compliance](#)

Health and Wellness Education

Erin's Law

- K – 12 instruction
 - Age –appropriate
 - Sexual Abuse; Assault Awareness and Prevention
- Provided annually

SC Standards for Health and Safety Education

YSD1 K – 12 Health and Resources

Social-Emotional Well Being

- Social-emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.
- In July 2021 York One will partner with Panorama Education in order to provide teachers a way to screen students and identify their social and emotional needs.
- SEL lessons and support will be provided for each student and teacher.

5 – 2 – 1 – 0 +10 Opportunity

- 5-2-1-0+10 is a national childhood obesity prevention campaign affiliate with Michelle Obama's "Let's Move!" Initiative.
- [5-2-1-0+10 Program](#)
- This program focuses on healthy eating and physical activity for all of our students.
- Dr. David Keely is a guest speaker to encourage and inform Elementary and Intermediate Schools to join the program.
- There are curriculums and resources available for implementation.
- Harold C Johnson has participated in the program previously.





Committee Meeting Dates

- Elementary/Intermediate Subcommittee:
 - Discuss 5 – 2 – 1 – 0 - 10
- September 16, 2021
- November 18, 2021
- February 24, 2022 (Tentative)
- April 28, 2022 (Tentative)