



MINUTES

SCOTTSDALE UNIFIED SCHOOL DISTRICT WELLNESS COMMITTEE

MONDAY, MAY 8, 2023

4:00-5:30 PM

Committee Members

Patti Bilbrey, Director Nutritional Services
Shannon Cronn, Director Support Services
Renee Tosto, Lead Nurse
Will Graham, School Nurse
Kat Hughes, Principal
Susan Leonard, Lead Physical Education Teacher
Julie Reeve, Reading Specialist
Sheri Bieberle, Parent
Lisa Kanarish, Parent
Laura Weeshoff, Parent
Jan Dubauskas, Parent
Michael Maske, Parent

Absent

Patti Bilbrey, Director Nutritional Services
Kat Hughes, Principal
Michael Maske, Parent

Purpose: The purpose of the Wellness Committee is to review and update district-level wellness guidelines and to help promote physical, social, and mental health initiatives and support for our students and staff as well as provide updates and recommend changes to the district Governing Board.

Objectives: This will be accomplished by engaging a Wellness Committee composed of parents and caregivers, students, the school nutrition staff, school curriculum specialist, physical education teachers, school nurses, mental health and social services staff, school administrators and health professionals.

Welcome

- Opening and welcome by Shannon Cronn

Agenda

- **Approve Draft Minutes**
 - Draft Minutes for February 27, 2023, March 27, 2023, and April 24, 2023 are approved
- **Wellness and Health Services Overview**
- **Physical Education Review-handout reviewed**

- Physical Education creatively introduces students to incorporate health education concepts into their day, nutrition strategies, Injury prevention, mental health strategies, teaches consumer health
- Awareness to Chronic Diseases

Sports drinks are/can be good to drink when we have high temperatures outside, they do replenish lost minerals from sweating that water can't.

BMI is introduced in middle school.

Assessment-Handout

- Reflections on growth
- Measurement of growth
- Communication
- Collaboration
- Knowledge is wellness

• **Wellness Guideline-Recommendations**

- What we see in health offices
 - Nurses office is like an urgent care
 - Nurses deal with lots of chronic health care issues
 - Diabetes
 - Mental health
 - Physical concerns
 - We on 504 & IEP teams
 - Nurse provide How To Trainings to staff and provide health education
 - Acute illnesses
 - Life threatening allergies
 - Seizures
 - Administer medications
 - Injuries
 - Awareness on health topics
 - ADE Trainings
 - Nurse address and education substance use/abuse
 - Self Harm
 - Evaluate/assess students physical and mental state

It's recommended that each school go over an approved healthy snacks list with parents and should include allergies for each classroom.

Narcan is available on every campus.

We are moving towards more training for staff/teachers on first aid for instance training on "stop the bleeding".

• **Review Meeting Dates & Future Topics**

Shannon Cronn will send out Wellness Guidelines to the Wellness Committee so we can make some recommendations at the May 22, 2023 Governing Board meeting.

Final Wellness Committee presentation to the Governing Board has been pushed back to August.

Location/Meeting Dates

Mohave District Annex 4:00-5:30 PM

1. February 27, 2023
2. March 27, 2023
3. ~~April 17, 2023~~ Apr 24, 2023
4. May 8, 2023
5. May 22, 2023
6. June 5, 2023