

School Health & Wellness Advisory Council (SHWAC)

Agenda for 10/12/22 Meeting @ 8:00

Welcome & Introductions

--Attendance: Amy Bryan, Erica Bunch, Bryan Camp, Kris Cason, Betsy Jones, Lori Lawhon, Michelle Lawhon, Lisa McCloudy, Brooke Roland, Laura Wells, Rebecca Wester, Karin Gerold (SEDNET), Shelli Payne & Kate Frisby (UF/IFAS Family Nutrition Program), Liz Neighbors & Haley Carlton (WCHD Tobacco Prevention/SWAT/COMPASS)

Review SHWAC Purpose & Wellness Coach Responsibilities - Handouts

8 Components of School Health

1. Health Education-
 - a. SEL/5 Hour Rule Mental Health/CPR requirements at your schools- MBF, 5 Star Life, Sanford Harmony, 9th & 11th grade CPR, etc... make sure it is happening at your school
 - b. COMPASS Real Essentials – Health Dept @ WMS – Haley Carlton gave update, Can come to your school too.
 - c. SWAT in schools – Liz Neighbors gave update, Smoking cessation information, Can do elementary presentation with SWAT Members
2. Physical Education-
 - a. Champions – currently active in schools 3 days/wk elementary, 2 days/wk middle – measurements taken and showing improvement
3. Health Services-
 - a. CPR Trainings done at beginning of year – At least 2 certified at each school, another training in January
 - b. Dental/Vision/Hearing Clinics? – Lori Lawhon - Vision/Hearing/Scoliosis screenings completed in grades K, 1, 3 & 6, - Fully staffed now – Walmart has lowest exams & glasses, School Health Report & Plan submitted in August, new dentist at WCHD
4. Nutrition Services-
 - a. Sodexo – Lisa McCloudy – Holiday baskets, 1 per school, Name & number of family members due by Nov 11, basket p/u on Nov 17, Can help with pizza parties and other fundraisers/celebrations at school, Food donations, Future Chefs coming March 23rd 2-3 students in grades 3-5 per school
5. Counseling, Psychological and Social Services-
 - a. New Social Worker @ WI – Madi Edwards
 - b. New IMPACT-B Program @ WI – Requirements discussed & program update
 - c. New Horizons @ Elementary Schools & WHS – still working on middle schools, struggling with providers at all agencies
6. Healthy School Environment-
 - a. YMHFA for all staff – 4 trainings so far this year
 - b. EAP reminder for staff – Flyer
 - c. New Vape Detectors at WHS in restrooms – 6 more detectors coming soon

7. Health Promotion for Staff-

- a. What is your school project/activity this year?
 - i. CES –
 - ii. MES – *Positive reinforcements sent out*
 - iii. RES – *Monthly newsletter, Walking Club,*
 - iv. SES –
 - v. RMS –
 - vi. WMS -
 - vii. WHS –*Monthly email, Wellness Wednesdays*
 - viii. WEC – *Winter & Spring Gardens, Appreciation Committee, Playground walking, Compliment box*
 - ix. WI –
- b. Required SHWAC documentation – *Hard copies of documents available & emailed*

8. Parent and Community Involvement-

- a. Virtual Title 1 Events – November: Read Wakulla!
- b. *Haley Carlton (WCHD) does parent classes on social media & mental health*

Announcements:

- Upcoming meeting dates: **January 18, 2023** and **March 29, 2023**
- *Kate Frisby (IFAS FNP): Can come into middle & high schools with nutrition curriculum, Will share IFAS Calendar with healthy recipes & tips – Call her for calendars 850-606-5233*

Adjourn