Gallatin Co Schools

Coordinated School Health Committee Meeting



December 4, 2018 3:30PM

# ATTENDEES

Travis Arnold, Nicole Towles, Dianne Coleman, Conte Flowers, Tim Browning, Roxann Booth, Al Poweleit, Chris Browning, Mary Beth Flynn, Tonya Christy, Rachel Riddle, Kristie Beatty

Committee reviewed the 8 components of Coordinated School Health, reviewed evidence from last meeting and documented new activities and evidence from the district.

Health Education

* Middle school is offering freshman credit for health education to some 8th graders-approximately 25 students
* Health education will be taught during PE at the Upper Elementary-4H comes into classrooms to discuss health education (mental, social and physical)
* During red ribbon week the Upper and Middle schools worked with the youth service center to teach about drug awareness and staying drug free
* 5th grade always changing always growing program sponsored by P&G
* DARE program is provided by Gallatin County’s Sheriff Department. Five weeks with graduation at the end
* Upper Elementary exercise for 10 mins every morning
* Girls Just Want 2 Run program was started by the Family Resource Center

Physical Education

* Middle School has 15 minutes of activity/break time during the day
* Upper Elem promotes daily morning exercise, active recess daily and a weekly PE class
* Fitness gram for grades 5-9-tested 1 mile run, BMI, push/curl ups and sit & reach
* Wellness Policy for each school
* Summer Basketball camps offered to all students
* Inflatables for a day for grades K-8 to promote physical activity
* Freshman are CPR certified in PE class
* All 8th graders taking HS PE class are also CPR certified

Health Services

* School based health clinic two days a week to provide services to students and employees
* Mammogram van every fall for employees
* School smiles dental program for students
* One school nurse for district along with one clinician
* Dental insurance for all employees
* Living Well vitality check for Go365 offered by health department
* Flu shots and Hepatitis A and Hepatitis B offered by Triad
* Go365 offered through the insurance
* All staff train in safe schools (EpiPen, bullying safety, etc)
* FRC purchases supplies and needs for students (lice shampoo, glasses, diabetic supplies)
* Speech teachers do hearing test
* Kids First Dental Program for 1st and 3rd graders
* Abstinence class provided by Three Rivers Health Dept for HS

Nutrition services

* All students provided breakfast, lunch and dinner at no cost to the student
* Federal and state guidelines are followed by cafeteria
* School breakfast week was celebrated in October
* School lunch week will be celebrated in April
* Cafeteria meets the daily restrictions of sodium, calorie and saturated fat
* All guidelines are met for the Healthy Hungry Free Kids Act
* Measures are provided for students with diabetic and other dietary restriction-alternate meals
* Health class learning about labels and healthy servings-discussion of super size meals-daily calorie intake---Clover buds/4H
* Every Friday healthy snacks are sent home with students through the Family Resource Center-Weekend Blessings
* 2nd chance breakfast is offered to our UE/MS and HS students. A grant through the Fuel Up to Play 60 program helped us with funding for this program.
* Wildcat Market-- We received a grant from Free Store Foodbank to offer this market to our community. People shop according to points.

Counseling Psychological and Social Services

* Guidance counselors in each school
* Mental Health counseling by NorthKey
* Two school based therapists are school employees
* District school psychologist part time
* YSC and DFC coordinators able to provide mental health therapy
* Stewards of Children--Sexual abuse class for LE and UE staff

Health and Safe School Environment

* Harassment and bullying incident report recorded through IC
* Emergency plan for each school
* All staff trained in safe schools
* Exterior doors are locked and monitored at all schools
* Raptor system used for visitors for student security
* Background checks required for chaperones at district expense
* Active shooter training required for all certified staff and highly recommended for classified staff
* Safe schools pledge for all staff
* Be A Better Me Week to encourage Healthy Living and Kindness at LE/UE
* Cyber Bullying Assemblies

Health Promotion for staff

* Mammogram van
* Smoke free campus
* Go365
* Flu shots, Hepatitis A and B offered to all staff
* Every employee offered chance for CPR and AED training
* All coaches required certification for CPR & AED
* Health Dept Go365 vitality check
* Dental insurance paid by district
* Exercise facility available for staff
* Each school has a list of staff trained in CPR posted in their office
* Go365 will help us coordinate competition for physical activity in the spring

Family/Community Involvement

* Extracurricular activities are offered Preschool-12th grade (football, basketball, soccer, cheerleading, etc)
* Middle school amazing race-parent participation
* Family Resource Center offers parenting classes and Free Store Food backpacks-clothing and coat drive
* Community Day at Lower Elem ?????
* Family Literacy/Math nights at lower and upper elem incorporates physical activity
* Truth or consequences scenarios for health decisions and drug awareness for Middle school
* Can food drive--LE, UE and MS
* Health agencies participate in BlockFest
* Preschool Resource Night????
* Town hall meeting to adress/educate about Heroin/Narcan training
* Golf outing for high school scholarships
* Grand Love-Support group for anyone raising someone elses children
* Triad offers free sports physicals at BlockFest
* Wildcat Market-- We received a grant from Free Store Foodbank to offer this market to our community. People shop according to points.