

Nassau County School District
School Health Advisory Council Meeting
June 19, 2019 1:15 p.m. District Office
Minutes

SHAC Sub-committee Meeting- Wellness Policy Assessment and Update

In Attendance:

Dr. Lauren L. Jones/NCSB Food & Nutrition Services
Katrina Flannery/ NCSB Food & Nutrition Services
Andreu Powell/NCSB Intervention & Prevention
Teresa Rowe/FL DOH
Lekisa Cohen/FL DOH
Julie Brown/NCSB Instructional Technology

Welcome: Dr. Lauren Jones introduced everyone and explained that the purpose of the meeting.

- a. Review local wellness policy requirements.
 - b. Review presentation of survey results including school assessment data.
 - c. Revise current policy and make comments/suggestions for improvement.
- a. Review of local wellness policy requirements: Dr. Jones reminded that the local wellness policy should be reviewed/revised every 3 years according to legislation and that healthy school teams should be in place at each school.

Andrew Powell discussed that the Healthy Schools teams are currently a part of the PBIS teams/Threat Assessment Teams. These teams include the health aid, the law enforcement office/guardian, the wellness contact, and other faculty, staff and administration within that school.

Smart Snack Trainings/Wellness Updates- Smart Snack trainings are held by the school wellness contacts to train the Health Schools (PBIS) team. Wellness contacts are encouraged to have the training during faculty meetings, where the majority, if not all of the faculty, staff and administration are present to review the smart snack standards, explain about exemption days, and discuss any wellness updates or plans for the school or district.

Dr. Jones mentioned the Principals' meeting in July. She is planning to discuss the Smart Snack fundraiser dates to be due by August 31st to be board approved by the September school board meeting. She also plans to discuss the Nassau Nutrition Menu Guide, which is Smart Snack approved options that schools, teachers, or parents can purchase for celebrations for their students.

- b. Review presentation of survey results including school assessment data
Katrina Flannery reviewed the survey results provided by the school wellness contacts with a power point presentation for the last 3 years. It appears that there has been more recognition of what the Smart Snack Standards are from the teachers and that teachers and students are reporting some adjustments to the candy/food as rewards, but it still has room for improvement.

Nassau County School District
School Health Advisory Council Meeting
June 19, 2019 1:15 p.m. District Office
Minutes

The wellness contacts also reported monthly about things that are going on in each individual school. This report shows school specific things that they are working on in wellness. We reviewed all of these survey results for last few years.

- c. Revise current policy and make comments/suggestions for improvement

Update all links within the policy.

Upon reviewing the survey results, wellness contact monthly reports and wellness policy requirements, it was decided that our subcommittee would meet before each SHAC meeting to discuss any updates and present those updates to during the larger SHAC meeting. That subcommittee is the members who are present in the meeting today.

We also discussed ways that we present the information to the parents and community members in more ways.

- a. Newspaper- add 2 sentences to Nassau County Record- goes to every household. Get to website with new shortcut- Julie Brown set the website to be:

www.nassau.k12.fl.us/intervention

The statement in the newsletter will say something like:

Students who begin each day as healthy individuals can learn more effectively and are more likely to complete their formal education. Nassau County School Health Advisory Council (SHAC) meets throughout the year to advise and support our school's health and wellness needs. If you would like to be involved, visit our website

- b. School reach- calls each family
- c. Facebook- district page- speak to technology
- d. SHAC/Wellness- There is also an invitation that goes out asking for parent involvement.

Nutrition Education- We discussed for wellness contacts to know what is going on in the secondary schools to possibly be the HOPE teacher- 9th grade- Are any of them the wellness contacts because of the nutrition education component to confirm what is taught?

Talk to Toni about wellness for elementary schools.

Mr. Powell mentioned resources available through NEFEC paid for with Title IV funds and Dr. Jones shared about resources available that we will have on our website and on our Menu for teachers to sign up for instruction in the classrooms.

Nassau County School District
School Health Advisory Council Meeting
June 19, 2019 1:15 p.m. District Office
Minutes

Julie Brown discussed the requirements in the gradebooks for the students.

100 min of week are recess

150 week with classroom

35 min per week with PE teacher

Julie Brown also discussed employee wellness and the district office is still having classes over the summer for exercise on Tuesdays and Thursdays for those who want to participate.