

THE SCHOOL BOARD OF ALACHUA COUNTY, FLORIDA
APPROVED MINUTES OF THE SUPERINTENDENT'S WELLNESS ADVISORY
COMMITTEE MEETING
FEBRUARY 20, 2008

The Superintendent's Wellness Advisory Committee met in regular session duly called at 4:00 p.m. in Conference Room E, 620 East University Avenue, Gainesville, Florida. Present were: Diana Lagotic, chairman; committee members Wesley Eubank, Sandi Medeiros, Janine Plavac, Diane Hill, Donna Jones, and Sean Timmons; staff members Maria Eunice, Sandy Hollinger; and Pat Hughes; and visitor Pam McMahon.

The meeting was called to order by Chairman Lagotic.

MEETING

Diana Lagotic welcomed the committee, staff members, and visitor.

Maria Eunice began the discussion and recognized the Dairy Council for sharing half the cost of three (guideline approved) pilot vending machines. The pilot school was Hidden Oak and has expanded to Glen Springs and Idylwild.

She further explained that students from Dr. Pam McMahon's University of Florida class are working on a marketing plan to increase participation with nine schools in our district. Working with our students makes it "real" as they created flyers to promote the breakfast program, etc. and many of their ideas will be implemented in the future. Dr. McMahon commented on how much her students enjoyed working with the Food Service staff and our students.

Alachua County Food Service is a member of the North Florida Buying Group and the group has adopted our nutrition guidelines!

Diana Lagotic suggested a discussion of a wellness award. Unfortunately, we have no financial resources, just an idea. Dr. McMahon noted that they had no additional resources either. She attended a Florida Action for Healthy Kids meeting which was also attended by a representative of the Governor's Council on Physical Fitness who proposed there be guidelines set for school certification in healthy lifestyles. The Alliance for Healthier Generations is considering a Healthy School Certification program. We need to identify one school each (elementary, middle, high) to participate in this. Janine Plavac will check into and advise. Diana Lagotic suggested that Project Development look into funding possibilities as well. Dr. McMahon's graduate students are working with Terwilliger Elementary in planning health fairs, etc.

Diana Lagotic discussed the School Wellness Input Template handout. This will be a great tool for sharing strategies, events, etc. Sandy Hollinger remarked that one good idea could give us 44 good ideas and that better ideas come from good ideas. Responses will not be due back until after the FCAT.

Diana Lagotic introduced Kimberly Owens from the Suwannee River Area Health Education Center who distributed packets to the committee. Her program is housed at the University of Florida College of Medicine and she gave an overview of some of their programs such as the Bone Zone (nutrition and bone health), asthma self-management programs for elementary students, health screening programs, and many, many other community-based health programs. Applications for students to attend the Health Care Summer Institute, a residential academic camp, were distributed. This camp helps promote careers in the health care profession. Their continuing education provided for school nurses was also discussed.

Stuffee is an extremely large nutrition/health education stuffed animal with visible organs who is currently housed in one of Dr. Silverstein's student's garages. It is recommended that Stuffee be moved to Instructional Materials at The Sivia Center for check out purposes. Janine Plavac suggested that her students could give presentations on health education with Stuffee. Dr. McMahon added that Kimberly Owens has offered to write the curriculum. Diana Lagotic would like to present Stuffee at the elementary principals' meeting. Sandy Hollinger suggested a focus on one grade level at a time before adding others. Diana Lagotic will arrange pick up and delivery of Stuffee to The Sivia Center.

Pat Hughes discussed the START Walking Program, an American Heart Association initiative. Employers set up a plan for employees to join a walking program. AHA provides strategies, posters, etc. and has not charged for the kits received by Pat Hughes. Surveys were sent to the schools (form distributed to committee) and many positive responses were received including a big increase in health fairs and walking clubs. Diana Lagotic commented on how far we've come in the last two years and how much farther we can still go. Janine Plavac suggested a website of all programs offered should be created for all to share. Sandy Hollinger suggested the Staff Development calendar might be the right tool for this. CREATE contacts could be involved in this venture. With this idea in place, for instance, all employees could check to see where flu shots were being provided on any given day.

ADJOURNMENT

Diana Lagotic asked if there were any questions or concerns and thanked everyone for attending the meeting. The next meeting will take place at the end of September or beginning of October.

The meeting was adjourned at 5:00 p.m.