**Health Advisory Committee Meeting**

**November 13, 2013**

**12:00 – 1:30**

* Welcome and Introductions
* After introductions, we began the meeting with introducing the **HAC Policy Workgroup**. The first work session of this meeting will be scheduled for **December 9th at 3:30**, in Katrina’s classroom. The purpose behind the group will be to put into policy what the required role of the HAC will be.
* Another item on agenda was the **Wellness Policy Workgroup**. This was created due to so many questions about what the Wellness Policy is. We may also want to update the policy soon. There is no date set as to when the first meeting will be.
  + The cafeteria director, Dianna, has been wonderful about working with us on the Wellness Policy. More fruits and vegetables have been integrated into the school’s lunches.
  + Dianna is working on stopping students from bringing soda and energy drinks into the school’s lunchroom. Students bringing these items from home have had them taken away and thrown in the trash. Such items from home in the cafeteria are against the guidelines from CDE, mostly because they are not able to purchase them here. Signs will go up in the cafeteria prohibiting these actions, and an email will be sent out to students.
* The **Bullying Workgroup** will consist of looking at the Bullying Policy that stems from a $10,000 grant that we have received. We would like to look over the policy, focusing in on the four different categories and top strategies for intervention.
  + On a recent student survey, many students listed bullying as a top health issue. They also pointed out that while teachers may hear or see the bullying, they many times fail to intervene.
  + A stipend is available to those who are willing to be part of the workgroup. Sign up with Marsha if you are interested.
  + Those signed up thus far are as follows:
    - Matt Platt
    - Andrew Hawkins
    - Rebekah Marquez
    - Brenda Padilla
    - Carla Smith
    - Marie Archuleta
    - Adela Alfson
    - Marsha
* **Staff Wellness** efforts are beginning to be made most days after school around 3:45. These efforts are also being supported by a 10,000 grant.
  + This staff health team after school is open to everyone on staff or even within the HAC committee.
  + The team has been mostly meeting after-school for sports-related games, and is open to many ideas. Biking and swimming have also been ideas added to the agenda.
  + The team must be creative as to where they will meet each day due to student’s use of the gym and other fitness facilities due to sports.
  + A large focus on accountability and goals rests within this group, and those most dedicated and consistent will receive a team t-shirt.
  + BMI and weight is tracked for goal-setting, but is completely confidential.
  + Staff that joins this group should not feel like they have to be perfect, and should strive to have fun. Each staff member chooses how hard that they push themselves.
  + The team is also looking for a creative name.
* The **Unified Improvement Plan Workgroup** stems from goals that the district makes. Many districts include a health goal within their UIP. Ideas that other districts have had related to health goals have been goals such as increasing overall exercise engagement to 90% and decreasing abstinences that are related to health issues.
  + Please let us know if you are interested in helping write goals. Sign up with Marsha if you are interested in joining.
  + Those signed up thus far are as follows:
    - Marsha
    - Carrie
    - Kathy Kulp
    - Della Viera
    - Denise Lobato
    - Matt Platt
    - Alice Burch
    - Carla Smith
    - Susan Banning
* The major reason of this HAC meeting was the **Healthy Schools Scorecards**. The scorecards are needed for us to receive the Healthy Schools Champion Award.
  + We would like to work with the Elementary School more to increase their fruits and vegetable consumption. A pre-test survey was given to Elementary School students at the beginning of the year asking about how often that they eat fruits and vegetables. A post-test will be given at the end of the year.
* The end of the meeting consisted of HAC members breaking up into 9 groups and working on health scorecards.
* Next Meeting: February 5th
  + This meeting we will be going over our Health Advisory Policy, our Wellness Policy and also review the results of our Scorecards that we worked on at the last meeting.
* Attendees present – November 13th

1. Laura Borley
2. Della Viera
3. Denise Lobato
4. Lee Flood
5. Annie Rice
6. Matt Platte
7. Matt Dubois
8. Della Duran
9. Christy  Mikeljack
10. Jose Cholula
11. Adela Alfson
12. Susan Banning
13. Marie Archuleta
14. Andy Hawkins
15. Carla Smith
16. Brenda Padilla
17. Rebekah Marquez
18. Raffi
19. Kathy Kulp
20. Kevin Jones
21. Carrie Zimmerman
22. Marsha Felmlee
23. Alice Burch
24. Arabia
25. Courtney