

Health Advisory Board
Meeting Minutes
12/10/14

Members present: Dan Blazer, Shannon Schroeder, Pam Goodman, Kirsten Romtvedt, Belinda Schneider, and Vonnie Saucerman

Final Draft of Nutrition and Physical Fitness Procedures-Group work: Dan reported he has continued to review foods that are sold during the school day in individual schools. KMS has a school store that is open twice a week and all food products sold meet the USDA guidelines. KHS and NKHS are not currently selling food items in their school stores. KHS and NKHS do have vending machines through PepsiCo. The items in the machines will need to meet the guidelines if the machines are turned on during the school day. Currently they are not. Both KHS and Odin Inn need a follow-up review in March regarding “recipe” products that require a nutritional analysis before they can be inputted into the Health Snack Calculator. Two elementary schools are selling popcorn on Fridays, but are using a product that meets guidelines. In February, representative from OSPI will be in the district to review Healthy Snacks and Competitive Foods at KMS, PMS, and Suquamish. PMS and Suquamish are not currently selling any snacks during school. Dan has already completed the pre-assessment survey for OSPI. Pam and Vonnie answered the question from last month’s meeting regarding if/how the district was meeting the student requirement of 100 minutes of physical education per week. Pam reported that at the elementary schools, students have PE class for 40 minutes twice a week and recess is also counted an additional 20 minutes daily bringing the total minutes to 180 minutes. Vonnie reported that at the middle schools PE minutes are averaged annually since students generally only take PE for one semester each year. Students get 50 minutes of PE daily for 90 days which averages out to 125 minutes of PE per week. 6th and 7th grade students receive an additional nine weeks of PE so they will exceed the minimum requirement. The Board completed the final draft of Procedure 6700P. Dan will take the draft to Paula Bailey, Director of Business and Finance.

New Member Search: Vonnie requested that current members think about additional members for the board fitting in with the Consolidated School Health model for Health Advisory. We are currently lacking a representative from counseling or psych staff, health education, or a district administrator. Jeff Sweeney has offered to step in as an administrative representative of the board when we have items that need to be brought forward to the district, but is not available for monthly meetings. Board members suggested approaching Doug Segur (KMS counselor) or Scott Martin (NKHS counselor).

Other Business: Dan related an article from “School Nutrition Magazine” that spoke about how drought and severe weather are making it difficult for processors and manufacturers to provide products that meet new USDA guidelines. Beef prices are up, the availability of chicken products has been reduced due to damage to one of the nation’s largest chicken processors, and the availability of fruits and vegetables has also been affected.

Meeting adjourned @ 8:50 a.m.

Meetings for remainder of the school year:
Jan 14th, Feb 11th, Mar 11th, Apr 15th, May 13th