

Minutes

Durham School Health Advisory Committee Meeting

April 22, 2020; 12:30-2pm

Attendees: David Hackney, Jim Keaten, Mel Downey-Piper, Deborah Pitman, Armenous Dobson, Angela Teal, Morgan Medders, Raina Bunnag, Kimberly Monroe, Mercedes Blackwell, Teresa Dafford, Elizabeth Sims, Xavier Cason, Kim Nickols, AJ Ekundayo, Grace Cai, Mary Jane Palmer, Jennifer Meade, Susan Thompson, Ashley Mitchell

WHAT	TIME	NOTES
Welcome, highlights of survey and introductions (Mel Downey-Piper)	20	<p>Please state your:</p> <ul style="list-style-type: none">• Name• Group you represent (eg. organization/school/parent/student)• Gratitude for something good that's happened due to COVID• Community or organizational needs due to COVID<ul style="list-style-type: none">○ Feeding children during the week○ Computers for kids so they can access technology○ Meeting a need by designing cooking gardening and physical activity resources for the schools○ Accessing food, lack of transportation○ Developmental needs of autistic or special needs children (difficult to explain social distancing)○ Outlets for creating a new norm
DPS Wellness Policy-3021 and 6140 (Mel and Jim)	15	<p>The Policy subgroup has met four times (Amanda, Deb, David, Jen, Marissa, Jim, Mathew, Mel, Raina, Wanda). Mel explained that the group has reviewed Policy 6140, which is a model policy drafted by the State Board of Education. This policy specifies that the local SHAC should review, make policy goals to add to document (addendum recommends different statements) and move it forward for BOE approval. The bottom of the minutes shows the recommended policy statements for the DPS policy. There was a discussion about evaluation, and it was decided that measuring success is a major function of making changes to the R&Ps (currently called Wellness Policy 3021).</p> <p>All attendees voted in the Zoom chat box and unanimously approved moving forward with the changes. The school board representative abstained from voting.</p> <p>Next steps: Dr. Pitman to bring these recommended goal statements and the policy to principals, other stakeholders and then determine when the Board of Education will vote on the updated policy.</p> <p>The policy subgroup will continue to meet to work on the Reg and Policy document.</p>

<p>DPS response to COVID: food and academics (Jim and David)</p>	<p>20</p>	<p>David and Jim are both members of the DPS COVID Response Team and attend weekly meetings to coordinate and problem solve issues around academics and feeding children.</p> <p>DPS was feeding children at X sites but due to a State leave policy related to COVID, most of the staff took the three-week leave. This meant that there were no longer any staff available to prepare and serve meals to children. The DPS Foundation began organizing to feed DPS children and partnered with local restaurants such as The Durham Hotel, Beyu Caffe and the Jack Tara and the Colonel's Daughter to provide breakfast and lunch at designated feeding sites. After one week of this program, they have served x children. DPS Foundation is now moving towards distributing multiple days of meals. For example, M/W sites.....</p>
<p>Quick updates:</p> <ul style="list-style-type: none"> • Fall Wellness Summit Planning (David Hackney) • Healthy Schools Awards (Jim Keaten) • Wellness Coord. (Mel) 	<p>15</p>	<p>Wellness Summit will be in the fall. Committee members who have volunteered to help: Kim Monroe, Ashley Bass-Mitchell Janelle Averitt, Morgan or Raina. David will</p> <p>Healthy Schools Awards were not completed due to COVID but this is a goal for next year.</p> <p>Mary Jane Palmer is looking into job descriptions for a Wellness Coordinator. Mel asked Wake County to provide their description. The group discussed the importance of writing to Board of Education members, both as individuals and as members of the SHAC, to advocate for this position. It will be important to see the alignment with the Strategic Plan as well.</p>
<p>Next steps Announcements</p>	<p>10</p>	<p>Next meeting: Wednesday, May 27, 2020; 12:30-2pm</p>

Nutrition education goals:

- Nutrition education that aligns with national dietary guidelines and adheres to state academic standards will be incorporated into health education classes and/or stand-alone courses for all grade levels.
- The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion, after-school programs, and farm-to-school programs, when appropriate.
- Nutrition education will be provided to families via methods such as handouts, newsletters, website posts, presentations, and workshops.
- School personnel will strive to provide a pleasant eating experience for students and adults by adopting practices such as adequate time to eat and potable water availability during mealtimes per USDA regulations

Physical activity goals:

- Teachers will incorporate opportunities for physical activity in the classroom whenever possible.
- Students will be encouraged to reduce sedentary time and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around.

Other school-based activities to promote wellness:

- School personnel will encourage and model healthy practices such as hand washing before eating, walking and biking to school (if feasible), healthy eating and physical activity.