

School Health Advisory Committee

March 9, 2010

Minutes

In attendance: Tammy Moore, LaTonya Goffney, Ginger Jenke , Elizabeth Jarvis, Bill Chapman, Dinah Redden, Penny Spivey, Sherry Shepherd, April Muirhead, Jennifer Guardarro, Trey Allen, Angela Ballew , Stacy Amszi, Bryan Barbay, and Candy Yeager

1. Introductions were made.
2. Minutes from last were read and approved.
3. Discussed County Health Ranking (183 out of 221) and why we meet as a committee.
4. Fitness Gram:
 - a. Rates students nationally
 - b. Gives students their BMI
 - c. Generates each student a health report card
 - How do we get students to “buy-in” to the process?
 - High School Principal, Bill Chapman, would like to see Athletics, PE, Band and Dance students be given a grade for their fitness gram effort. Each student will be given a copy of their 2009 Fitness Gram during their English class so that they can have a starting point and know what they need to work on to improve. Place a chart on wall that has expectations of healthy fitness zones.
 - Chairperson, Tammy Moore, will send a letter home to parents to explain Fitness Gram Report and send a Global Connect call to parents explaining when and why we are giving this test.
 - Committee will meet in October to re-visit the incentives that were used to evaluate their effectiveness.
 - Elementary is giving a Mock Fitness Gram and will enter results into an Excel spreadsheet for tracking data.
 - SHAC will have a booth at Health Fair to get word out about Fitness Gram.
5. Health Fair will be on May 4, 2010. Expectation is for each campus to have at least three booths.
6. There is \$2,000 set aside in the Fitness Now Grant for training in CATCH.
7. SHI goals: If you are needing help, please contact Tammy Moore and she will be happy to meet with you. Please note, you will need to be prepared to present your goals at the May meeting.

Next meeting date : May 3, 2010 8:30 AM Administration Building