



Agenda
Steps School Health Committee
Thursday, March 30th -1:30
Broome County Health Department
Conference Room A

1. Introduction: Diane Olivet, Connie VanDeweert, David Garbarino, Murphee Hayes, Kerri Bullock, Gordon McCluskie, Nancy Galusha, Sara Delafield, Carol Denz, Mary McFadden, Becky Gelunas

2. Updates and reminders:

a. **Steps Youth Survey:** The target completion date is April 20th. Please call or email me to arrange for pick up. If you are not able to complete them by this date please let me know.

- o I still need class lists from Binghamton and Johnson City High Schools.

Once I have the completed surveys I will request your \$500 incentive from BOCES. Please use the money for physical activity and/or nutrition related activities-no report will be required.

b. **Staff health interest and behavior survey** –this was tabled until members have the opportunity to review the survey with their district health advisory councils. The survey can be viewed at - <http://www.broomesteps.org/hd/steps/survey/>

Please review and send your comments no latter than April 30th.

c. **April 15 Report**-the due date for this report was changed to **April 30th**. Please see attachment.

3. FitnessGram update on equipment:

- a. Digital scales-scales are in. If your middle school didn't receive a scale please contact me.
- b. Sit and reach boxes-they have been ordered and I will contact you to arrange for delivery.

4. FitnessGram Progress: Please provide updates and progress on your April 30th report.

- a. Installation of software

- b. Training of staff
- c. Tentative dates for administration
- d. Activity Cards-contact BOCES for duplication. Deposit, Harpursville, SV, Vestal and Windsor are required to utilize the cards pre and post FitnessGram testing.

5. Learning In Motion- Is an innovative program which trains K-12 teachers to integrated physical activity into classroom lessons. It was developed through a partnership between the Rockland County Health Department, Steps to a HealthierNY, Rockland Teachers' Center Institute, local educators, and community members. During Learning in Motion, teachers learn why physical activity is essential to the learning process and how to integrate movement into their lessons. Teachers practice active math, language arts, and social studies lessons that model how core subjects can be transformed into dynamic learning experiences that take into account students' different learning styles. Teachers also learn about the importance of proper nutrition and optimal brain function.

Steps to a HealthierNY-Broome County will be partnering with Rockland County to bring Learning in Motion to our area during the 07-08 school year.

- 5. Healthy Weight Management Programs for Adolescence at Risk-It is important that we begin looking for programs that we can refer students into as they begin to be identified as at risk through FitnessGram Testing. Growing Up Fit and WE CAN! Are two programs that will be explored. Please keep your eye out for other research based programs.
- 6. Poster Presentation-Sara Walker. Sara could not attend since she was presenting her findings in Philadelphia. She will present her poster at the next school health meeting.

Other: Nutrition Nuggets –each district has been notified that they need to go to www.rseonline.com and to create a profile. That allows access to the newsletters electronically. Each district should also received hard copies in the mail. **SHIPS:** Congratulations to Whitney Point and Chenango Forks for receiving additional funding from the SHIIPS project for completing the SHI. WP \$6,575 and CF \$4861. **Turn the TV off Week: April 23-29 Center for Screen Time Awareness:** <http://www.tvturnoff.org/>; the WBNG TV Steps series are live on <http://wbng.com.steps>

Next meeting: June 13, 2007, 1pm Broome County Health Department