

**Coordinated School Health Advisory Council Minutes**  
**Monday, April 8, 2019 Room 201**  
**By: Theresa Traver**

**Attendance:**

Kay Ross, Bill Shidler, Norma Carpenter, Joan Kahl, Theresa Traver, Delilah Perry, Katie Huffman, Mandy Farrell,

**I. WELCOME**

Kay Ross, current Chair, gave opening comments and nominated Mandy Farrell as the new Chairperson, she was voted in. Kay then reviewed committee membership requirements and established that all requirements were being met.

II. Function of the Council: To annually review the School Wellness Policy as required.

IV. Evaluate our current policy using the IDOE Evaluation Checklist. The committee jointly reviewed each of the 12 criteria on this tool to ensure we were in compliance.

**Discussion and Concerns,**

- Norma Carpenter shared the fact according to corporation policy physical education is required for grades 1-8 (8th grade does not have PE) and 2 semesters in high school. Currently 8th grade does not have PE in the middle school.
- Mandy Ferrell brought up concern with students lacking basic health knowledge ex. nutrition.. Discussion on health for the 6th and 7th graders or the possibility of modules; example, nutrition being taught in PE class at the elementary school.
- Bill Shidler mentioned the possibility of “reader boards” with a nutrition fact put up in the cafeteria; Mandy suggested adding a fun fact about nutrition with the breakfast meals. maybe turning this idea into a fun contest or game. Both ideas were well received by the committee.

- Kay Ross mentioned Joanne Lytton, Purdue Extension Agent For Carroll County, may be interested in working with David Schultheiss to promote education about nutrition.
- Discussion on selling sweets/cookies during school hours: Only permissible two days a year (for each building) unless the snacks meet the nutritional guidelines. General consensus, no one seems to know about this rule.
- Student Suggestion - posters or pamphlets in the weight room. Mandy Farrell mentioned the possibility of getting nutritional information to the athletic coaches to share with the athletes.

Meeting was adjourned.