

Summary

February 19, 2008
Health & Fitness Articulation Team Meeting

In Attendance:

Andi Brizindine	PE Washington
Debbie Carlson	Counselor — Sunnyslope
Pam DePersio	Orchard — Healthy Living
Sally Dieringer	Healthy Living — Pioneer
Linda Dimmitt	MV & WestSide — School Nurse
Terry Hammond	PE Columbia
Tauni Hank	Foothills — Core, Healthy Living Administration
Tracey Reece	Foothills — PE
Maureen Rix	PE WHS
Jodi Smith	WSD
JoEllen Colson	STEPS NCESD
Matt Lewallen	PE L&C

- I. PEP Grant — Maureen Rix
 - a. Applying for PEP Grant
 - b. Grants previously have not been successful
 - c. Focus Fitness-writes grants for school districts
 - i. Contact Karen Cowan Karen@focusedfitness.org
 - ii. Created a curriculum in Spokane
 1. Five for Life
 2. Tradeoff—we must purchase her curriculum
 - d. STEPS Grant in 2004-bought equipment for WHS
 - e. Another grant in 2007-\$ running out
 - f. PEP Grant
 - i. Could be \$300,000-\$350,000 for first year
 - ii. 100,000-\$150,000 for 2 additional years
 - g. Due mid March

- II. School Health Index (SHI) — JoEllen Colson
 - a. Developed by CDC in 2000
 - b. SHI — assesses of policies and practices (school systems) regarding health issues
 - i. Various modules that need to be completed
 - c. **Necessary in each building would strengthen our PEP Grant**
 - d. Use sub time to come together to complete School Health Index
 - e. Meeting to complete CHI
 - i. Timeline
 1. Monday Feb 25, 2008
 2. 9:30-3:00 in DO board room
 - ii. Who should come
 1. Nutrition-Kent Getzin
 2. Health Artic Committee members

- iii. Which buildings are included
 - 1. Elementary
 - 2. Middle/High
 - iv. JoEllen will email us the SHI survey for us to review prior to meetin5
 - v. Helpful to do as a collaborative group
 - vi. Answers can be done as district or as buildings
 - f. Process of SHI is more important than the results
- III. STEPS Grant
 - a. Can fund time for School Health Index
 - b. Info from SHI will be valuable piece for CHS district assessment
 - c. JoEllen would like to fund this
 - d. JoEllen will coordinate with Nancy Duffey regarding Steps Grant for Coordinated School Health district assessment
- IV. Sally Dieringer — reporting on Review of Health Curriculum
 - a. Results not compiled yet
 - b. FLASH curriculum was what Sally spent 3.5 hours rating
 - i. Put out by King County Health Dept
 - ii. Free
 - iii. Comprehensive
 - c. Is WSD meeting criteria of Healthy Youth Act (2007 legislative bill)?
 - i. Discussion regarding WSD policy regarding contraception ensued
 - 1. Prohibits teaching about birth control methods at 8th grade
 - 2. Discussion about how we approach WSH school board about revamping policy regarding sexual education/ birth control prevention
 - 3. Tauni requested a copy of current school guidelines from Jodi
 - 4. Does board want us following GLEs?
- V. REMINDER: MONDAY FEB 25, 2008 9:30-3:00 in the DO boardroom