

Developing Healthy & Active Individuals

Date: Thursday, March 23, 2017

Central Services, Room 212

Time: 4:00-5:30



Attendees:

- Miguel Boriss, Math/Science, Fairhaven MS
- Nic Castona, PE, Parkview
- Barbara Cummins, School Nurse
- Melanie Flink, PE, Happy Valley
- Shannon Flory, PE, Shuksan Middle
- Elizabeth Kealy, 5th Grade, Lowell
- Matt MacLeod, Teacher, Kulshan Middle
- Darin Nolan, PE, Bellingham High School

- Julee Pitalo, PE, Whatcom Middle
- Katie Powell, PE, Shuksan Middle
- Paula Stratman, Counselor, Happy Valley
- Kristy White, PE & Health, Sehome High School
- Shari Walsh, Vice Principal, Shuksan Middle School

- Jessica Sankey, Director of Wellness
- Charisse Berner, Director of Teaching & Learning

Topic	Discussion	Decision
1. Welcome	<p>Jessica welcomed everyone and talked briefly about today's agenda. Suggested that next meeting should be about crafting recommendations for MS Health.</p> <p>Individual Introductions. Welcomed Blanco Ortega from DVSAS, Beth Schille-O'Connor, Jeff McKenna and Jonah Stinson.</p>	
2. WA State Health Standards	<p>Jessica explained the activity for learning more about WA State Health Standards. There are 6 core ideas: Wellness, Safety, Nutrition, Sexual Health, Social Emotional Health, Substance Abuse. Each group would take a standard and create a concept map for that standard. Identify topics and summarize key outcomes. Circle outcomes that you know are happening in schools. Prioritize needs.</p>	<p>Click here to enter text.</p>

	<p>Miguel Boriss shared on Sexual Health. Anatomy, Reproduction & Pregnancy - impacts on personal health. Puberty and Development -describe social, emotional & physical changes that occur during adolescence. Prevention - KNOW curriculum talks about prevention. Awareness curriculum introduces abstinence, condom use. Our schools don't demonstrate condom use – might need re-evaluation. Healthy Relationships - Social Media/Internet impact on relationships. Shannon Flory indicated Shuksan is addressing this piece.</p> <p>Julie Pitalo & Paula Stratman shared on Nutrition. Six key topics: food groups & Nutrients - compare and contrast, MyPplate; beverages -making healthy choices, hydration and caloric intake; label literacy - reading food labels, healthy choices; caloric Intake – intake of calories versus calories expended through exercise; disease prevention –nutritional choices in relation to disease; nutritional planning – create a healthy food plan.</p> <p>Beth Schille-O'Connor shared about Social Emotional Health. Four key topics: self-esteem, body image & eating disorders, stress management and expressing emotions. Inconsistency across district in addressing topics. Mostly through counseling rather than in the classroom. Jessica talked about Kulshan MS bringing in community educators (DVSAS, Teen Council, WWU Peer Educators) for sexual health/social emotional health programs in their MAP class.</p>	
<p>3. Community Expertise – focus on suicide prevention and social emotional health</p>	<p>Jeff McKenna and Beth Schille-O'Connor came to talk about MAD HOPE and the MRT.</p> <p>MRT is the school districts Mobile Response Team. It was established in 1987. Currently there are around 30 people. Purpose is to help schools return to supportive caring environment as soon as possible following a death. MRT members help identify students that need additional emotional support. MRT is a post event recovery team.</p> <p>Jonah Stinson talked about the districts internal processes and resources for suicide prevention. On intranet, Student Services has a suicide prevention plan that is updated regularly. This is a big topic. Would like to see it incorporated systematically in all schools. DHAI group could be helpful in identifying resources available in the community for suicide prevention education.</p> <p>MAD HOPE – Starting in 2008-2012 we lost 5 kids to suicide in Bellingham School district. Staff decided to connect with community to find resources for suicide prevention/awareness. 200 people showed at a community meeting. The group included students, staff and community</p>	

	<p>members. Students had started a group called M.A.D (Making a Difference) – adults wanted to include HOPE (Helping Other People Everywhere).</p> <p>Jeff played video from MAD HOPE presentation. Quick table top exercise to talk about video.</p> <p>Kids often know a long time before adults who has suicidal ideation. Kids don't know what to do. Adults do. We needed a way to know what kids know so we can help. There is a stigma attached to mental health issues and suicide in particular. Kids are often ashamed of their feelings and won't reach out. Stigma is supported by cultural myths around suicide. MAD HOPE training tries to address myths and teach kids how to listen to what friends are saying and take them to get adult help. 1 ½ hour program – training kids in suicide prevention.</p> <p>Program needs to be adapted for middle school age group. It's more difficult to get middle school kids to report.</p> <p>There is also a state program called Look, Listen, Link aimed at teaching about emotional health. Most material available is "gatekeeper" targeting adults. Jeff feels we need to involve kids in recognize suicidal behavior and reaching out for adult help.</p>	
4. Next Steps		

Summary:

Next meeting date: April 27, 4:00 -5:30 PM