



POQUOSON CITY PUBLIC SCHOOLS – Office of Student Services

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School Health Advisory Board (SHAB) Meeting Agenda

December 12, 2019

8:30 – 9:30 a.m.

Poquoson Elementary School C200

Focus on nutrition and physical activity, and maintaining healthy habits for students and staff

I. Welcome and Introductions – Ashley Reyher

Members present: Ashley Reyher, Director of Student Services
Steve Pappas, Executive Director of Operations
Barbara Riggins, Nurse Coordinator
Barbara Wood, PES Principal
Karen Gangitano, Peninsula Health Department
Tina Wolf, Aramark Food Services

II. Food Services update – Steve Pappas and Tina Wolf

Breakfast in the classroom continues to go well. Food Services is currently working with students at the high school to get their input about offerings. Meetings with additional student groups will meet after the new year. A common theme was what food and drink items could be available in the afternoon before athletics and extracurricular clubs; for example, bananas and Gatorade. The salad bar was put in place at the high school last month. Students and faculty have been utilizing.

III. Wellness Updates from featured school – PES

The walking program continues at PPS. Students have to walk two laps before their activity of choice at recess. They also have the option of continuing to walk to work towards a reward for both the class and student who walk the highest number of laps each year. They attend a field trip at the YMCA at the end of the year. This is also a good alternative for students who may not be interested in the other games at recess. The PTO is purchasing a new piece of equipment for the playground that will allow for a dodge-ball like game. A running club was a popular choice for students this fall. Staff will also focus on wellness in the new year with a walking club and a weight loss incentive club, similar to what has been done in past years. Jump Rope for Heart will also occur this spring.

IV. Nurses' Report – Barbara Riggins

Clinic visits have been higher than in past year. 1703 students were seen in the month of November which is up by approximately 500 students. This is due to flu as well as a virus that is impacting students and staff. Nurse Riggins cautioned that students should return to school when they are well and not prematurely. CPR/First Aid/AED certification will be provided to paraprofessionals for their two year certification in January. Teachers will also be provided training if needed for relicensure. The mammogram van will be on site on February 20th. School counselors and nurses, and the school social worker have plans in place to provide assistance to families during the holiday season. Several community agencies such as the YMCA, local churches, and the Women's Club participate in this effort.

Ms. Gangitano reported that the annual community immunization assessment will begin soon. This provides information to the health department about immunization trends from a Kindergarten and 6th grade random sample.

V. SHAB meeting schedule for 19-20

- February 13, 2020
- April 16, 2020