



POQUOSON CITY PUBLIC SCHOOLS

Office of Student Services

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School Health Advisory Board (SHAB) Meeting Agenda

April 23, 2018

8:30 – 9:30 a.m.

Poquoson Elementary School C-200

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

I. Welcome and Introductions – Ashley Reyher

Present: Barbara Riggins, Nurse Coordinator
Ashley Reyher, Director of Student Services
Steve Pappas, Executive Director of Operations
Carol Steiner, Physician
Deb Banton, Parks and Rec Advisory Board
Karen Gantitano, Peninsula Health District
Dawn Martin, Parent
Tina Wolf, Food Service Director, Aramark

Absent: Gloria Insely, PHS Health/PE teacher
ECPI Nursing Representative
Barbara Wood, PES Principal

II. Food Services update – Steve Pappas and Tina Wolf

a. Breakfast in the Classroom Initiative

Mr. Pappas presented data on the BIC which shows an increase in participation. This is being piloted in 5th grade and has been positively received by teachers. The committee discussed the logistics of when parents do not want their student to be able to purchase breakfast and this is being pursued. Dr. Steiner asked if PCPS was considering increasing the pilot to include other grade and/or school levels and Mr. Pappas responded that yes, that was the long term goal given the success. Ms. Wolf explained the breakfast offerings that include a hot and cold option each day. The hot option is the same as what is offered in the cafeteria and the cold option rotates but includes items such as cereal, muffins, cheesestick, and yogurt.

b. New healthy snack offering

Mr. Pappas reviewed the new options available for teachers to be used as classroom

snacks, for example when returning from a field trip. He showed pictures of the fruit and vegetable trays and described how this had been popular in one of the PES classes. These trays are available for order by teachers on the PCPS Food Services website. Nutrition facts are also available on the same webpage.

III. Wellness Updates from schools –Barbara Riggins

Ms. Riggins reported that schools are all continuing their wellness activities. The Primary School recently had a “senior social” event that included a jump rope for heart event with donations made to the American Heart Association. Jump roping is taught in PE at PPS. Staff continue to participate in fit bit and other wellness competitions. PHS is working on establishing their wellness committee. PES and PMS activities as the same as was reported at January meeting.

IV. Nurses’ Report – Barbara Riggins

Mammogram van visits were successful with all slots being filled. Since wait list has been increasing, a second visit is being considered. Student CPR training as part of 9th grade health/PE has been completed for the 17-18 school year. Dr. Steiner asked if each school was equipped with AED equipment. Each school does, as well as the school board office and the athletic trainer. VDOE requirements are that there are 2 card-carrying CPR trained staff in each school. This school year all paraeducators were trained. This is done every two years. All four nurses are certified instructors. Requirements for teacher relicensure were reviewed. Mr. Pappas looked into whether the AED was located at the athletic fields. The athletic director confirmed that the trainer takes hers to the events and goes to the most high risk events. Mr. Pappas is looking into one being mounted in close proximity to the fields, such as in the concession stand. Discussion was held about how to make the AED accessible and secure. Clinic visits were at a high rate through the spring. This was influenced by the flu. The Peninsula Health Department confirmed that they are no longer coming into the schools for immunizations, specifically for 6th graders. Storage and handling as well as staffing are barriers to this. If families come in to the health department they can access this as well as get counseled regarding HPV. March 30th was “Stop the Bleed” day. This is a program to prevent tragedies that result in loss of life which focus on measures needed to save lives in instances of tragedy or crisis. PCPS nurses are working to get more employees trained on the use of the brick which contains supplies needed in such an emergency.

V. Establish next meeting date

Meeting schedule for 18-19 will be quarterly with meetings in October, December, February, April. October date will be sent out closer to the start of 18-19.