

MONTROSE AREA SCHOOL DISTRICT
HEALTH ADVISORY COUNCIL MEETING
JUNIOR-SENIOR HIGH SCHOOL COMMUNITY LEARNING CENTER
MEETING DATE MARCH 16, 2009, 7:00 P.M.

Mr. Chris Catterson
President, Board of Directors

Mr. Michael F. Ognosky
Superintendent of Schools

Health Advisory Council Meeting

March 16, 2009 Health Advisory Council meeting began at 7:00 PM in the Community Learning Center of the Junior-Senior High School.

Board Members Present: Gloria Smith, Kathy Mordovancey, Mary Homan

Administrators Present: Betsy O'Malley and Mike Ognosky

Committee Members Present: Jean Hollister, Judy Ochse, Emily Perkins, Bonnie Reynolds

Visitors Present: Lydia Tompkins (Licensed Dietician)

I. Old Business:

- ✓ **Health Fair 2009:** The group will begin planning and work on the program for the October 2009 Health Fair. The fair will be either a half day or full day program depending upon the number of various presentations and programs that can be developed and arranged. Mrs. Hollister will work on the survey and present it to the committee for review and then it will be released to the staff. Planning for the actual program will begin at the May committee meeting.
- ✓ **Report of BMI Status in the County and State:** Mrs. Hollister reviewed information she had just received and presented it to the members present. At the elementary level, Susquehanna County had an obesity rate of 16.3 % as compared to an 18.8 % nationally. At the secondary level, Susquehanna County had an obesity rate of 17.2 % as compared to 17.4 % nationally. Those numbers certainly illustrate the level of concern that we should have regarding the health of our young people. Based on current trends, it is projected that this will be the first group of young people that will not have a longer life span than their parents.

II. New Business

- ✓ **Immunization Concerns:** All of the school nurses present, and all three building nurses were at the meeting, expressed concern over the changing immunization regulations and the fact that there are a number of parents unaware of their responsibilities in that regard. Letters (2) have been sent to the parents from the nurses and the current regulations are on the web page and will remain there until further notice. Also, a third letter will be sent out to those parents of 6th graders that have not met the requirements for entry into 7th grade immunizations. That will be our targeted audience for next year as it is a requirement that all entering 7th graders have the required immunizations before enrolling in the fall.
- ✓ **Lydia Tompkins presentation:** Lydia Tompkins, graduate of Marywood, and a licensed dietician operating in the area, presented a power point to the group regarding the importance of nutrition education. Her presentation focused on K-6 curriculum as well as one on one intervention at the junior and senior high school level. She explained that a number of schools in the Luzerne and Lackawanna County areas have initiated an elementary program of nutrition education and she would relish the opportunity to do the same in Susquehanna County. She proposed a 45 day program for the elementary schools that would focus on nutritional education for all kindergarten through sixth graders. After her presentation, Mr. Ognosky asked if Lydia would develop a cost and services sheet for review. Lydia will get that information to Mr. Ognosky and

it will then be distributed to the remainder of the committee in consideration of a recommendation for future action.

III. Open Forum: The following items were discussed in the open forum segment:

- ✓ **Special Dietary Needs:** Mr. Ognosky provided everyone with a hand out regarding the accommodation of children with special dietary needs in the school nutrition programs. Examples would be students with various food allergies such as peanut butter, etc. The group discussed the communication avenues that are now utilized regarding the identification and subsequent communication between the health offices and the food service office.
- ✓ **In house school based mental health program:** Mrs. Ochse discussed the In-House School Based Mental Health Program that was discussed at the most recent Integrated Children's Services Planning Initiative Leadership Team meeting. Such programs are currently in Luzerne County and the funding is available for the establishment of a program in Susquehanna County at no cost to the pilot school. The program includes a counselor with a Masters in Social Work, a psychologist and psychiatrist who would work with elementary aged children. The only requirement and cost to the school is to provide space for the program.

Meeting adjourned at 7:58 p.m.

Mike Ognosky

Mike Ognosky, Superintendent