



HEALTH AND WELLNESS

District Health and Wellness Leadership Council (DHWLC) Meeting Minutes

May 11, 2018

Attendees:

Althea Albert-Santiago
Surilla Shaw
Karen Shelton-Henry
M. Leanne White
Tenecia Williams

Debra Irons-El
Nicholas (Nick) Collins
Sarah Drayton
Krystal Simmons
Michael Whitley

The meeting opened at 11 a.m. with comments by M. Leanne White who talked about the Flash Mob event in Ball Park Plaza on May 4, 2018 entitled. “May the Fourth Be With You”. The event was featured on the “Shape America” website, and the link will be shared when received from Leanne. Live “Star Wars” characters were there as well as Jackie Joyner-Kersey. Next year Aetna insurance company will be a sponsor again. Leanne invited Nicolas Collins of United Healthcare to participate, as well. Last week was National Physical Activity Week, and this event coordinated nicely with that.

The welcome was given by Althea Albert-Santiago and introductions were made. Surilla Shaw gave updates on our accomplishments. Our Health and Wellness Policy passed in May of 2017. The District Health and Wellness Leadership Council has held three meetings counting today’s Lunch and Learn- the others were in December and January. We have developed Timelines to guide our rollout of the policy next year. We are still collecting data to complete the School Health Index (SHI), and will give a report on the SHI when it is complete.

Lunch was served. The Attendees were asked to share **updates** pertaining to their areas.

Karen Shelton Henry: A Mental Health Subcommittee has been formed. The Heart Walk is tomorrow (May 12, 2018). Three hundred people have signed up. Wellness Day will be September 2018.

Krystal Simmons: The first phase of “Breakfast in the Classroom” will start in August 2018. At all grade levels, food service in the cafeteria is available. The “Second Chance” cart will be available at all levels. “Breakfast in the classroom” will be available in the 46 Elementary schools only. Consideration is being given to a “Second Chance” cart for lunch at other levels for those who do not go to the cafeteria for various reasons. Southwest Foods will resume “Roving Chef, Nutrition Education, and Taste Testing” next year.

Michael Whitley: The Saint Louis Public Schools Foundation has four areas – Early Childhood Education; College and Career Readiness, School Leadership, and Health & Wellness. 100% of dollars collected are invested in the four areas. The annual report was distributed to attendees.

Debra Irons-El: The goal is to assure that Health and Wellness is being infused into the efforts of the Family and Community Specialists with families.

Discussion topics and future considerations:

Parent cooking classes. These have occurred at a PTO meeting at Mallinckrodt.
Consider connecting Southwest Foods endeavors with the Parent Action Council (PAC), PTOs in schools
How do we increase PTO attendance? Finding different avenues; putting as much effort into marketing Parents as we do other endeavors. “Calling the PTO something else can get more people there”. Time of day, families with children at more than one school can impact their ability to attend.
Consider moving the Employee Wellness celebration to a park under an “employee picnic” theme. The park would need an indoor facility as well in order to offer flu immunizations. The celebration would not work on PD days or during work hours.

Next steps: Minutes and meetings onto the district website

Next meeting Friday, August 10, 2018 at 10 a.m.