

School Health Advisory Committee Meeting

November 14, 2019

Lee County Public Education Center

8:30 – 10:00 am

Meeting was called to order at 8:30 by Beth Wipf

Introduction of members

Minutes of previous meeting were approved unanimously with Terry Tucker making a motion to approve and a second was made by Chuck Bradley.

New Business

Update on State Board of Education Rules – Betsy Vaughn reported that the District now has a legislative sponsor for Health Education (HB2849). Byron Donalds filed the bill and it will now be sent to the Appropriations Sub Committee for further action and approval.

Brain Injury Council Update – Mark Tesoro and Shannon Bradley reviewed the purpose and goals of the Brain Injury Council. This is a multidisciplinary team that works with people that have suffered a brain injury to help them get re-integrated into the community. This team is trying to raise awareness, educate and build a network of resources within the community.

The group meets bi-monthly and is looking for committee members. The next meeting is scheduled for January 7, 2020 from 3:00 to 4:00pm at The Collaboratory.

Anyone that is interested in participating with this project is encouraged to contact Shannon Bradley at 239-343-2561 or email her at Shannon.bradley@leehealth.org.

Safe Kids Southwest Florida Coalition – Mark Tesoro also presented on the Safe Kids Coalition which is group to educate people on ATV safety. The group is comprised of people from Golisano Children's Hospital, Florida Fish and Wildlife Conservation Commission, Florida Highway Patrol and Safe Kids SWFL. Mark reviewed the current statistics for ATV accidents in the area and across the state. He also showed a video on Safety Sam, which is a robot that goes around to schools and teaches students about ATV safety.

There is a local group which presents Safety Sam Presentations to school aged children. It is geared towards elementary and middle school students. Anyone interested in having this presented at their school is encouraged to contact Sally Kreuscher, Coordinator at 239-343-6199 or by email at Sally.Kreuscher@leehealth.org.

Blue Zone Project – Kristina Kayatta presented an overview of the Blue Zone Project and its origination. She reviewed the Power 9 Principles that the program is based on:

1. Move Naturally – find more ways to move
2. Purpose – define your purpose in life
3. Downshifting – methods to reduce stress
4. 80% rule – stop eating when you are 80% full
5. Plant slant – add more fruits and vegetables to your diet
6. Wine @ 5 – commit to social gatherings with friends
7. Belong – develop a sense of community belonging
8. Love ones first – invest in your family
9. Right tribe – surround yourself with people who support you

Kristina shared that the program was piloted at Bonita Elementary, Middle and High School. Bonita Springs Elementary is the first school to be Blue Zone approved. Schools get points by putting different healthy programs in place. The school must submit a PowerPoint of how they have achieved the Blue Zone status for certification. The program will be rolled out to other schools in the future following the prototype created by the schools in Bonita.

GOOD OF THE ORDER

- Julie Kurtz presented a new food service program that is being piloted at Lehigh Senior High School called Breakfast after the Bell. It allows students to get a breakfast even when they arrive late to school. It has doubled the number of breakfasts being served. East Lee County High School will be the next school to start the program. Any Principal interested in having this program at their school will just need to contact Food Services.
- Julie Noble shared that she is working with Beth Wipf in Health Services to certify all the schools in Lee County to become Heart Safe schools. This is being accomplished by having all schools equipped with AED machines and having CERT teams trained to respond in emergencies within the schools and AED drills annually.
- Lee Health is partnering with Streets Alive to create peer educators to do training on bike/pedestrian safety.
- Janet Ortenzo reminded the committee of the ongoing Human Trafficking Prevention Seminars that will be held monthly at the South Trail Fire Station. This is an educational opportunity for the community to become more aware of this growing issue.
- Mark Tesoro mentioned the American Heart Association Heart Walk that will be held at Centennial Park downtown Fort Myers December 14th at 8:00. Register online to participate.

Meeting adjourned at 10:00.