
SCHOOL HEALTH COUNCIL MINUTES –SEPTEMBER 12, 2013

ATTENDEES: T.NOYES, J. MCLUCAS, J. CURRIVAN, J. CONTI, L. SCHORER, S. LANE

Welcome and Introductions: We welcomed Tara Noyes to the SHC, she is replacing Ann Keegan, in her role as Health and PE 6-12 Department head, as Ann has accepted a new position at Norwood High as the Dean for the Class of '17, we wish the both the best in their new positions, and welcome Tara to Norwood and the SHC.

Wellness Week in Norwood:

Wellness Week is October 7-11, 2013.

The group discussed various ideas for wellness week and agreed on promoting the following to the district. Please share this with your schools at staff meetings in September.

Weekly Activities:

Wellness Wall – have a bulletin board devoted to wellness. Pictures or drawings of staff and students doing wellness activities – Linda Schorer

Healthy Snack Week – (Elementary) Promote healthy snacks in the classroom with Healthy Snack Charts in each classroom. The students would then get a sticker, or check mark that they brought a healthy snack. The goal would be that we encourage this behavior for the entire year, and just kick it off during wellness week. Joe Conti and Elementary Health Teachers

Try it Tuesdays in the Café!– Try a new fruit or veggie in the café on Tuesday – Jane McLucas/café staff

Walk at School Day – Wednesday October 9th (<http://www.walkbiketoschool.org>)

Balch - Helen (mentored by Linda)

Callahan – Joe

Cleveland – Aimee

Oldham – Jill

Prescott – Linda

Willett - Patty

Unplugged at Night – Wednesday October 9th, encourage an Unplugged night!

Family Track Night – Thursday (5:30-6:30pm tentatively) Join us at the high school field for Family Track night (Ann Keegan and PE staff) with an **Ask the Nutritionist** –(Linda Davenport) booth set up to hand out information to parents/children on nutrition

Walk this Weekend – promote a walking weekend within each school with a simple contest, the elementary Classroom with the best participation will win a prize. Linda Schorer (Tara possibly have some prizes)

Stacey is rounding up excitement at **Town Hall** to join us, by having the employees at Town Hall do laps around the common. Way to go, Stacey.

Jane will create a flyer for the week and for the Family Track Night for distribution at the September staff meetings.

Ann will be having a Track Night meeting, if you are interested in volunteering to help that night, please send her an e-mail at akeegan@norwood.k12.ma.us

If you have any additional ideas on any ideas, please let the appropriate personal know.

Next Meeting is October 24, 2013

Room 202 at 3:30pm