

BAS Health Advisory Committee

Minutes from Thursday, March 21, 2019

Brighton High School Media Center

Attendance: Jennifer Sprys-Tellner (BHS Administrator); Mary Khunger (parent/MD); Eric Hipple (mental health advocate); Harlan Smith (BHS student); Jackie Zaplitny (parent/Co-Chair); Arnella Park (BHS health teacher); Esther Morell (SMS health teacher); Isabella Webber (BHS student); Nico Coman (BHS student); Hilary Feister Bell (parent); Kathy Malone (parent/RN); Jennifer Decker (Bridge Social Worker); Kris Nelson (BHS Social Worker); Elizabeth Mosher (Asst Supt for Curriculum); Jack Yates (BAS Elementary principal)

1. "The Chalkboard Project"

Anti-bullying campaign that started on West Coast. Some HS on west side of state have participated. Students/staff/admin volunteer to share incidents of when words hurt them. We hope to explore further, for possible implementation next year. Bridge staff did a similar activity this year, modeled for students and well-received by the students.

2. Randy Grimes Overview

*Opioid addiction- presented to our juniors
Henry and Kris attended. Mr. Grimes had an effective presentation. Students and staff were complementary and may look at continuing to schedule it.*

3. Health Class Nutrition Unit

*Eating disorder concerns
Received feedback from local therapists that there appeared to be a rise in eating disorders after discussion in a unit of health. Health teachers shared no longer presenting "My Plate" and minimal discussion around eating and foods. May be more an assumption than actual uptick due to course.*

4. Positive Mental Fitness

Eric Hipple discussed a new, more in-depth program than what was presented to our health classes. "Be Nice" program focuses on 1. Notice 2. Invite 3. Challenge 4. Empower. Eric shared a video for review: <https://vimeo.com/304260731>. This would be launched with staff, short training of students via school-wide assembly. Committee thought maybe for Maltby or Scranton. More discussion at May meeting

5. Carl's Bracelets

Parents were requesting distributing bracelets to all students 7th-12th. Bracelet contained helpline info for suicidal thoughts, and opportunity to donate to the #lovecarlfund. Committee

felt appropriate for 9th-12th, but with recent events at MS, and students not knowing Carl, not appropriate for Scranton.

6. 2018-2019 Meeting Schedule

5/16/19

7. Anything else...