



## Cumberland County Schools

P.O. Box 2357

Fayetteville, North Carolina 28302

910-678-2300

TIM KINLAW  
INTERIM SUPERINTENDENT

GREGORY WEST, CHAIRMAN  
DONNA VANN, VICE CHAIRMAN  
ALICIA S. CHISOLM  
PEGGY HALL

PORCHA MCMILLAN  
JUDY MUSGRAVE  
CARRIE SUTTON  
RUDY TATUM  
SUSAN WILLIAMS

January 22, 2018

### **School Health Advisory Council**

#### **Meeting Minutes January 12, 2018**

##### **Opening:**

The School Health Advisory Council (SHAC) meeting was called to order at 12:15 p.m. on January 12, 2018 in Room #4 of Cumberland County Schools' Educational Resource Center.

##### **Present:**

Kendle Holeman, Karen Mantzouris, Susan Dover, Mansa Ramos-Mason, Alaina Hart, Andrew Durkin, Bernard Jones, LaTasha Bennett, Corinna Miller, Louisa Rossel, Brian Cresta, Cassandra Stroud-Malloy, Tara Hinton, Lisa Jayne, Jessie Gardner, Ronda Britt, Orlando Hines, Randi Nunez, Phyllis McLymore, Pamela Story, Darvin Jones, Shirley Johnson, and Janet Colvin.

**Welcome:** Janet Colvin opened the meeting by greeting everyone and thanking them for coming to the first SHAC meeting of 2018.

##### **A. Nerf Energy Program**

Brian Cresta from United Health Care introduced the council to a program designed to decrease childhood obesity. United Health Care in partnership with Hasbro toys has developed Nerf Energy Kits. These kits contain a Nerf soccer ball, a Nerf Energy App for your cellular phone and a blue tooth wrist device used to track student's activity level. An increase in activity gets the student to a higher level on the Nerf energy rush game. United Health Care wants to initiate a pilot program at Lillian Black Elementary School. 120 students in 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> will receive Nerf energy kits as part of an effort to promote physical activity. Participating classrooms will also receive a tablet for data collection. Results from a Nerf Energy pilot program in Philadelphia showed a positive impact on student activity as well as student behavior. United Health Care will provide the Nerf Energy kits to Lillian Black at no cost to Cumberland County Schools. The goal is to expand the Nerf Energy Program to additional schools. Fourteen SHAC members (the majority) voted in favor of this program.

## **B. Medication Lock Box**

Bernard Jones and Kendle Holeman from Insight Human Services introduced the council to the Medication Lock Box. This is a safe and convenient way to prevent prescription drugs from getting into the hands of students, therefore decreasing prescription drug abuse. This program also demonstrates and educates adults on how to dispose of unused prescription medications and how to keep prescription medications secure. Educational pamphlets are available to be distributed within the schools. Insight Human services is available to speak to parent groups regarding medication safety. Ms. Shirley Bolden suggested that this information could be shared at a PTA meeting. Ms. Holeman informed council members that they also have a curriculum that can be shared with school departments.

## **C. Dental Screening Visits**

Cindy Warwick is a dental hygienist from the North Carolina Oral Health Section in the NC Department of Health and Human Services, Division of Public Health. Ms. Warwick reviewed a dental screening program that is done yearly for kindergarten students in NC public schools and every third year for pre-kindergarten, third grade and high school students. This is not a dental examination it is a screening done to identify dental caries. Using gloves and a tongue depressor the screener checks each student and can usually complete a class in about fifteen minutes. Parental consent is required. A referral sheet will be sent home for student who need follow-up care. Thirteen council members voted in favor of initiating this program.

## **D. Playworks**

Andrew Durkin, Program Director from Playworks introduced an evidence based program that promotes physical activity, discourages bullying and encourages good behavior all through the power of play! Americorp coaches are available to work with students during recess on a part time basis or school staff members can attend a professional development course to learn how to facilitate Playworks at their school. These professional development courses can cost from two thousand to seven thousand dollars. Janelle Averil, Southeast Account Manager for Playworks is available to observe recess at selected schools in Cumberland County and provide input and suggestions for improving recess. Council members were in agreement with implementing this program in Cumberland County.

Ms. Shirley Johnson thanked everyone for attending the meeting.

**Minutes submitted by:** Janet Colvin, Lead Nurse, Health Services

**Approved by:** Shirley Johnson, Director of Health Services