

# Health Committee Minutes

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Meeting Held on: October 21, 2009

Location: S&S High School, room 301

Attendees: Jill Brown, Tracy Currie, Tim Kemp, Marta Popiel, Michelle Saye, Terry Baker

Absent: Robert Steeber

Proceedings:

- Meeting called to order at 12:30pm by Jill Brown
  
- Committee Reports:
  - o In the face of the H1N1 virus and the flu outbreak, the Committee discussed possible solutions to decrease the spread of germs.
  - o As the school entered its second month of activity, the Committee discussed various ways in maintaining a healthy physique and diet in students.
  - o Providing access to sex education to all middle school students, every year to all grade levels – not just 6<sup>th</sup> grade - should be mandatory.
  
- Actions taken:
  - o Keep a bottle of hand sanitizer in every classroom.
  - o Remind students of the sanitizers located in the cafeteria and to make sure they use them before and after eating.
  - o Remind students to wash hands each time they use the restroom.
  - o Make sure students exercise for 45 minutes at least three times a week to improve their stamina, flexibility, and overall well-being.
  - o The Committee will talk to the middle school principal to see if the school can hire certified sex educators for all grade levels.
  
- Meeting adjourned at 1:00pm

Future Agenda:

- Healthier cafeteria menu.

Minutes recorded by: Marta Popiel