

# Health Advisory Meeting Minutes

December 10, 2015 5:30p

## Attendees

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Belinda Cameron, Lisa Tate, Kristi Brouillette, Jeanette House, Thad Reviello, Judy Kulynch, Dr. Donna Gamache, Jackie Kuntsmann, Rev. Kris Hutchinson, Ken Novell

## Scribe

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Belinda Cameron

## Agenda

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- **Business**
  - Fitness Challenge 2016
  - Teen Pregnancy Resources
- **Informational Items & Round Table Discussion**
  - Report of local health concerns from committee members
  - Report on PD 16 activities

## Business

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- **Fitness Challenge 2016:** The Committee will sponsor a Fitness Challenge for employee starting on January 17, 2016 at the beginning of the 2nd semester. The challenge will allow employees to log either minutes of exercise or steps. Mr. Novell recommended that other aspects of wellness such as rest and stress reduction be included as well. Each school will also look at ways to involve students in increasing their physical activity. Currently PES is teaching nutrition and playing exercise related games using nutrition facts.
- **Teen Pregnancy Resources:** Judy Kulynch from KGHD reported on the services provided by the VA Dept of Health. She also expressed concerns over some of the services that would be eliminated with the Title 10 money dissolving. She reviewed the schedule of clinics offered at KGHD and explained that the physicians come from MCV so it is hard to deviate from the scheduled services. Nurse Tate spoke about the difficulties students have navigating the system of DSS & HD. Coach Reviello reported on the plans for teaching the Family Life SOL's at KGHS. Rev. Kris Hutchinson reported a support group that meets in Fredericksburg and wondered if something similar was available in King George. The committee decided to form a sub-committee to develop a packet of resources that would be available to our students with children or that become pregnant.

## **Information Items & Round table Discussion**

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- Dr. Gamache expressed concerns of the growing use of E-cigarettes or “vaping” and Adderal mis use.
- Nurse Tate will be attending the PD 16 meeting on Dec. 11th and will seek clarification about TB testing for student post incarceration.

## **Next Meeting**

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March 24, 2016 @ 5:30p

## **Adjournment**

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Meeting adjourned at 7:00p