

GCSC Coordinated School Health minutes  
Monday, March 11, 2019

Present: Cami Hopper, Mike McHugh, Liz Spencer, Mindy Duckett, Emily Johnson, Brad Phillips, Deb Carrico, Donovan Garletts, Rhonda Kessler, Karen Martoglio, Polly Shuee

**Old Business**

No additions or corrections to September 12, 2018 meeting minutes

**New Business**

**GCSC Food Services**

Debbie Carrico, Director

Program year review; Summer plans

-The DOE has new regs for lactose intolerant/ allergy students. Foodservice will have to substitute a lactose free milk for these kiddos. This will be implemented 2019-20 school year. There will still have to be a doctors note for this restriction.

-Summer Feeding Program will take place at HS/TZ/RP/Robe-Ann Park/and GCC, 2 week camp.

-Changes to food restrictions include; decrease whole grain requirements from 100% to 51%, and may once again offer 1% chocolate milk.

**Purdue NEP Community Wellness Coordinator**

Mindy Duckett

Look ahead to Spring and Summer activities in the corporation/community

- Currently working with the gardens in Greencastle, all of which are on People Pathways;
- 1. Castle Arts Garden at TZ, Saturdays 9-12noon.
- 2. Giving Garden at 1st Baptist Church
- 3. Greencastle Community Garden

**Greencastle Mayor's Office**

Mayor Bill Dory

1. Hopefully the trail from Ivy Tech to Indianapolis Road will be complete by the end of April.
2. We are working on an application to extend the trail from Ivy Tech to the west to link up with the existing trail that starts near the corner of Jackson Street and Veterans Memorial Highway.
3. We want to encourage more people to use our trail systems around the community. Any help from the schools and increased use by both faculty and students would be appreciated.
4. We will be hosting a 5K run on Memorial Day in our Forest Hill Cemetery as a fund raiser for the cemetery. All faculty and staff are welcome to join us. It is a beautiful place for a run in the spring. Residents are also welcome to walk in the cemetery during open hours.

5. Keep an eye on our city Facebook page. From time to time we post various events that promote health and fitness.

6. We are looking for summer park employees. Applications are available at city hall.

-Color Run 4/20; 2-4pm @ Robe-Ann Park; benefits the Park (DePauw Bonner, sponsor)  
Register online at- [www.greencastleparks.com](http://www.greencastleparks.com)

### **People Pathways**

<http://www.indianatrails.com/content/greencastle-people-pathway>

### **Putnam County Hospital**

No report

### **Mental Health Association**

Karen Martoglio

- Puppet Power to take place in April
- Mental Health 1st Aid class discussed (an 8 hr course); contact Karen for more information
- Nomination for Educator of the Year closes in 1 month
- May 6; 6pm Celebration
- Dodgeball Tournament on 4/13 @ Lilly Center (MHAOPC.org)
- Donovan Garletts added that the IDOE has a suicide prevention program worth investigating called "Safe Schools", Eric Collins is the facilitator from the IDOE for Putnam Co.

### **Bike/Walk to School** – [www.walkbiketoschool.org](http://www.walkbiketoschool.org)

*Bike to School- Wednesday, May 8, 2019*

### **GCSC Building News**

#### **Deer Meadow Primary**

Mr. McHugh

- Weight Loss Graph-a weight loss incentive for weight loss program for staff.
- Extra recesses, movement in class and nutrition units are ongoing

Mrs. Spencer

- 913 Bike Program at DM and RP

#### **Ridpath Primary**

- "Workout Wednesday." The staff wear exercise gear and utilize Go Noodle and other video based apps/activities to get students moving. Some teachers have challenges throughout the day to see how many (a particular exercise) students can do in a minute.

- Second grade has Movement Club after school. It is open to 30 kiddos, and right now we have 21 that are able to attend. They do yoga, pilates, HIIT, running, weight bearing exercises, etc. Three staff members oversee this: Johnson, Lanham, and Seaver.

- In the cafeteria, we try to discuss the amount of calories and sugar in some prepackaged items. The cafeteria staff walk around and help kiddos and will nibble on fruit and veggies.

- This past winter, the kindergarten team utilized the gym to make obstacle courses that the K students could run, jump, roll, hula hoop through. It was so fun and something the kiddos loved.
- We have extended our recess time by 10 minutes each day.
- All classrooms do a brain break.

### **Tzouanakis Intermediate**

Brad Phillips

- Wendi Evans has Staff Fitness Class on Tues. & Thurs. 3:30pm at TZ
- TZ gym use has been constant with Greencastle Parks BB and Special Olympics BB games
- April 8th Fitness Intramurals begins for 4 weeks
- TZ Walk-a-thon is in May; \$3 to walk and proceeds will go to Riley
- May 22nd is Little Olympics
- Go Noodle takes place in the classroom
- Garden area has moved and is now behind the cafeteria; Square Foot Gardening is helping

### **GMS**

- GMS Club Fridays continue for all students
- Teacher/Student Mentoring Program to begin next year
- GCLC After School Program is going strong with 93 students currently enrolled. This 4yr. grant funded program offers homework help, snacks, activities and exercise for 5th-8th grade students, Monday-Friday, 3:30-6pm. Program facilitators include retired teachers, GHS students, DePauw students and community volunteers.

### **GHS**

- Drug Take-Back Day: Saturday, April 20th, 9am-12pm
- NHS Blood Drive: Wednesday, March 6th, 8:30am-1:45pm

### **GCSC Nurses**

- GKAS- Give Kids a Smile, March 8, 2019. Services provided by Dr. John Hennette
- Putnam County Health Department- Vaccination clinic at GMS and GHS on Tuesday, March 19th.
- Staff CPR class on Thursday, April 4th

### **Other Business**

Discussed of the article included in the CSH agenda, concerns voiced included;  
<https://societyhealth.vcu.edu/media/society-health/pdf/test-folder/CSH-EHI-Issue-Brief-2.pdf>

1. What are a few of your concerns for our GCSC students, families and staff?

Thoughts and discussions

- daily recess and exercise activity for students
- ACE's and mental health service needs in our schools and community
- Vaping/Juuling.

2. Do you have thoughts or ideas to discuss which would facilitate a change to the above stressors?

Discussed the importance of improving personal engagement in service organizations to promote better communication and positive changes in the Corporation and Community.

Agencies and Services mentioned:

- Family Support Services
- 360 Coalition, Scott Monnett
- United Way, Chris Flegel
- Putnam County Chamber of Commerce, Director  
and GCSC School Board Member, Brian Cox
- Adult Literacy Program at the Putnam Co. Library
- Putnam County Health Fair
- Cummins Behavioral Health- services individuals on Medicaid or non-

Juuling and/or Vaping on GCSC campuses are strictly prohibited- observed under the GCSC Smoking Policy.

Coordinated School Health meeting minutes are on the corporation website for public review- [www.greencastle.k12.in.us](http://www.greencastle.k12.in.us) ; click on the Health tab

CSH meetings are open to the public; meetings are advertised on the

Corporation calendar: [www.greencastle.k12.in.us](http://www.greencastle.k12.in.us) ; calendar access is on the lower left section of the home screen

Wellness Policy evaluation-**NEOLA policy (8510)** can be viewed on the **Health Services; Health News** link of the Corporation website.

**Next CSH meeting: Wednesday, September 11, 2019 at 3:30pm/GCSC Central Office**