

## **School Health Advisory Committee**

### **Minutes for Dec. 9<sup>th</sup> meeting**

Members present were Kelly Rehak, Helen Resendez, Lisa Saucedo, Kathy Harryman, Tracey Burgman and Suzanne Bell.

We discussed the possibility of offering the puberty lesson to the 4<sup>th</sup> grade girls as well as the 5<sup>th</sup> grade girls and boys. It was decided that we will offer the lesson to the 4<sup>th</sup> grade girls this year. After the lesson has been presented Mrs. Harryman will bring back her thoughts along with parents input on continuing to offer the puberty lesson to 4<sup>th</sup> & 5<sup>th</sup> grade girls.

Mrs. Rehak led a discussion on nut allergies and gave the committee several good ideas of how to inform teachers and parents of students' allergies to certain kinds of food. It was decided that homeroom teachers should send home a note reminding parents that if they send food to the classrooms for parties or special events that they are aware of any foods that students should not have.

Mrs. Rehak also brought up that diabetes is of high concern in elementary students. Mrs. Harryman will have a lesson focusing on this topic.

Mrs. Bell reviewed the rules for foods of minimal nutritional value.

The meeting was adjourned.