



Health and Wellbeing BOE Advisory Committee

Meeting Minutes: Wednesday, September 13, 2023

Meeting Called to Order at 4:30 pm

Welcome

Mark Schmidt welcomed everyone and then there were brief personal introductions from each committee member.

Open Forum

Committee members shared the topics they would like covered this year, along with specific programs now available to help and inform those in need. One of the suggested resources was My Heart Check, a heart evaluation for students age 8-25. Some questions were raised about funding for the \$150 cost for those who cannot afford it. Another concern was raised about whether there is consensus in medical community and if the testing provides a false sense of security. This was discussed with pros and cons, no decision was made on offering information on the program.

- Later research shows that My Heart Check does send materials home via Peach Jar for parents who choose it. While it has identified some early concerns in some students, there is not consensus in the medical community about the effectiveness of general screening of this type. The district would also need to weigh liability concerns should we endorse this private provider. This has not been our practice.

Scope and Purpose of Committee

Due to time constraints, this was not shared at this meeting. Dr. Schmidt did say that this year the theme will focus on preventions and interventions.

Drug and Alcohol Prevention

Mindy Wells brought in a panel of counselors to discuss Drug and Alcohol Prevention: The team consisted of Kristi Dixon, Stephanie Keller, Trish Madsen, and Mindy Wells. These are counselors on the Drug and Alcohol Committee. A power-point program was shared discussing new initiatives being introduced this year. There was a great discussion by all on the information shared.

BV Well Update

This is a reminder that BV Well offers support & education to parents as we all navigate mental health & wellness together with our families. We have so many events in the works & would remind everyone to follow "BV Well" on Facebook to stay informed. A few highlights- we just hosted a "Starting Strong" event for 120 kindergarten parents to help them navigate healthy screen time, will have a table at the Speak Up walk & mental health resource fair this Sunday 9/17 at 9am at Garmin, we will be hosting a book discussion with the author of Middle School Super Powers- Raising Resilient Teens in Turbulent Times in October, and much more to come! If anyone has ideas or requests about topics to cover, they can reach out to Courtney Carlson at the Blue Valley Ed Foundation @ CLCarlson@bluevalleyk12.org

Meeting concluded at 6:10 pm

Next Meeting: **Wednesday, November 8, 2023, 4:30pm**
High Plains Conference Room at District Office