

MCCPTA Committee Work Plan - 2007-2008

Committee: Health

Chair: Tracy Fox, MPH, RD

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Committee Members: There are about 8 to 10 Health Comm. members with a particular interest in physical education/activity issues – we talk, in person and via e-mail, regularly (once a week during school year) about PE issues; there are an additional 6 to 8 members who have a particular interest in nutrition issues; we also communicate regularly via phone and e-mail. I also maintain a list of over 120 names – many of which are MoCo parents - who have expressed interest in health issues. I send them messages periodically regarding health issues in the county.

Vision: How does the work of committee support the objectives and mission of PTA and the focus of MCCPTA?

To promote the overall health and well-being of students by advocating for the promotion of a healthy school environment and resources to provide necessary health services.

Goals: Give a summary statement of your committee's goals for this year. Consider how you will identify attainment.

Continue as member of the Mont. County School Health Council (I just finished chairing the committee – I was chair for about 4 years) and advocate for resources and programs to promote student health.

Continue as member of the Family Life and Human Development Citizens Advisory Committee to advise county officials on fact-based health education curriculum.

Continue to work closely with Safety Committee Chair on areas of mutual interest and overlap.

Nutrition/PE Focus:

- ✓ Promote more physical activity opportunities in school
- ✓ Speak to various groups on MCPS successes in this area (have spoken to NSBA and School Nutrition Association and Council of State Governments) on MCSP vending initiative.
- ✓ Communicate with MC community on the importance of promoting a healthy school environment including healthy lunches, beverages and foods, and physical activity.

- ✓ Testify at BOE meetings on nutrition/PE issues (as MCCPTA rep or as parent)
- ✓ Follow up with county on status of MoCo wellness policy that MCPS approved last year.

Other areas of interest:

- ✓ Funding for school health services
- ✓ School response to emergency situations

Be responsive to PTA member requests related to health on a variety of issues.

Action Steps

What does your committee plan to do to achieve these goals? Include plans for meetings, mailings, etc., interaction with other MCCPTA committees, MCPS staff, other county, state or federal agencies, organizations you may contact as part of action plan.

- Meet regularly with key county health and nutrition officials via the School Health Council and other health-related meetings
- Communicate regularly with PTA leaders on a variety of health-related issues via e-mail, President's Letter, and updates to the Health Com section of the MCCPTA web site
- Hold meetings, open to all interested PTA members, on items of particular interest as follows:
 - Nutrition in schools – school meal programs (there has been interest expressed on list serves about this)
 - Physical activity in schools
- Work closely with Safety Comm. chair on health/safety issues.

Expenses: none anticipated