

MCCPTA Committee Work Plan - 2008-2009

Committee: Health

Chair: Susan Young

Committee Members:

The previous chair of this committee, Tracy Fox, maintained an email list of parents interested in school health issues. She has notified those parents that I am the new chairperson, and has asked that they contact me directly if they still wish to be part of this list. To date (7/9/08), 10 parents have been added to my new list. I will continue to add parents at their request.

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.

- Begin to familiarize myself with the past work of this committee and the specific interests of its members.
- Begin service as member of the MCPS Wellness Committee, whose charge is threefold:
 1. Review the language in JPG-RA to draft recommendations on ways to increase physical activity opportunities for our students
 2. Review the recommendations in the CSPI marketing report
 3. Review the language in JPG-RA pertaining to the nutritional standards for foods and beverages available for sale to students from midnight until the end of the instructional day. Make recommendations to the current standards if appropriate.
- Begin service as member of the Montgomery County School Health Council and advocate for resources and programs to promote student health.
- Begin service as member of the Family Life and Human Development Citizens Advisory Committee to advise county officials on fact-based health education curriculum.
- Work closely with Safety Committee Chair on areas of mutual interest and overlap.
- Promote more physical activity opportunities in school
- 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 (if needed) with MCCPTA approval and direction
- 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, MCPS Wellness Committee, Citizen's Advisory Committee on Family Life and Human Development, and other health-related meetings and share information with local PTAs/MCCPTA
- Communicate regularly with PTA leaders on a variety of health-related issues via email, President's Letter, and updates to the Health Committee section of the MCCPTA website

Expenses: \$100