**SCC Meeting Minutes**

**May 4, 2009**

**5:15 p.m., Bobcat Café, PRHS**

**Present**: Maryanna Swanson, Linda Horton, Julie Fogarty, Kerry Schnell, Peter Gulick, Donni Hughes, Dr. Fred Kelsey, Amy Jemery, Kathleen Norris, Mike Horan, Barbara Noyes, Emily Kelley, and Pam Harland

Donni Hughes of the PRHS Math Department explained the brain research conference that she and Amy Jemery attended in 2008.

The two main points of the conference were: physical exercise is the number one factor to improving brain function, and we **can** change our brain chemistry through exercise.

Research shows that there is a direct correlation between exercise and academic achievement.

Dr. Fred Kelsey of Mid-State Health explained that we need to actually change our culture to create health habits that can carry on throughout life.

Recommendations from the committee:

Use Sophomore Enrichment time for a daily 30 minute aerobics class.

Begin a walking club optional during study hall time (one faculty member takes students on a walk around the football field for 30 minutes each day).

Include more lifelong fitness activities in Phys Ed classes.

Look at lifelong fitness classes while planning a new schedule (possibly a “skinny” opposite math classes).

Include a lifelong fitness or health section in the Digital Portfolios (monitor heart rates of students).

Add lifelong fitness as an elective.

Small start up costs could include:

Heart rate monitors, jump ropes, hula-hoops, DDR setups, wii, treadmills, etc.

(there are grants available for items like these)

Students at PSU are currently studying the effect of physical fitness on brain activity. These students are looking for control groups to study and would be willing to work with our students on this project.

Statistics that we could monitor: student behavior, attendance, GPA, and heart rate.

We recommend putting this back on the top of the agenda for our September meeting.

Goal for next year: Look at new schedule ideas and continue to find a way to increase physical fitness of our students.