

**Salado Independent School District  
Health Advisory Committee -SHAC  
Minutes of October 23, 2006**

**Members present:** Jessica Beyer, Gail Valentine, Dr. Robin Battershell, Donna Driggers, \*Kathleen Smith, Sheryl Pruett, Regina Ward,\*Salina Brown, Julie O'Rear, Melissa Hyer, Lisa Nix, Andrea Gonzalez and Barclay McCort. (\*parent)

**Call to Order:** Julie O'Rear welcomed everyone, had introductions and then called the meeting to order at 3:45PM.

**Minutes:** From September 25<sup>th</sup> were approved as distributed via email.

**Pedometers for Kids:** Regina reported she is still evaluating the use due to expense. General consensus to put on hold.

**Great Body Shop:** Regina prefers "Healthy and Wise" but needs more time to evaluate. Action: SHAC will decide in November.

**Stall Street Journal:** Dr. Battershell reported on Acne for the children's topic and how to avoid shooting for the staff. Action: Barclay will work up a flyer on manners for kids for Dec. or Jan.

**Staff Wellness:**

*Stroke Prevention:* Julie reported for Melissa the staff survey showed some interest in a wellness class and for some stroke screening. Action: Julie or Melissa will contact the company to see if they will do screening for as few as 10 people.

*Biggest Loser:* Julie reported there has been a large interest in the program. Prizes will be given to the first and second place winners (losers).

*Other Staff Screening:* Julie reported on Echo and CAT scan screening for a high school staff in the Dallas area. It might be able to be worked into the annual physicals here and might be obtained via a grant.

**Music in Cafeteria:** Dr. Battershell reported the first try of music resulted in a higher noise level. Another type of music will be tried next.

**Coats for Kids:** Jessica reported she is working with First Methodist for funding.

**Cafeteria Trivia:** Gail reported the once a month program has been met with enthusiasm from the kids.

**Defibrillator Training:** The first training session has been completed and plans are in place to hold training in the other buildings, according to Julie. Weekly checking of equipment is planned as well.

**Drug-free Status from School Survey:** D. Driggers distributed a list of programs and procedures in the district and campus. See attached. Under district programs the crossing guard program was added. Under campus general consensus to add the motivational program. Action: Donna will discuss results of action plans for each campus in Nov.

**Announcement:** Dr. Battershell reported there will be barbecue dinners and head/neck massages to honor the military. Details TBA.

The meeting was adjourned at 4:15PM. **Next meeting: Nov. 27<sup>th</sup> at 3:45PM.**

**Future Meeting Dates:** General agreement to accept the future meeting dates Jan. 22, Feb 26 and Mar. 26<sup>th</sup> at 3:45PM.

*Barclay A. McCort*

Barclay McCort,  
Recorder

November Agenda:

Campus Improvement Plan- Donna  
Emergency Plan - Carlinda  
Music in the cafeteria - Robin  
“Great Body Shop” vs.”Healthy & Wise”- Regina  
Defibrillator training - Julie  
Staff Wellness Screening (Stroke Prevention) - Julie  
Coats for kids - Jessica

December

Stall St. Journal - Barclay