

**Salado Independent School District
Health Advisory Committee -SHAC
Minutes of September 25, 2006**

Members present: Jessica Beyer, Gail Valentine, Dr. Robin Battershell, Dr. Mary Dowell, Donna Driggers, *Kathleen Smith, *Salina Brown, Julie O'Rear, Melissa Hyer, Lisa Nix, Katy Whitis, Carlinda Rex, Candy Murray, Andrea Gonzalez and Barclay McCort. (*parent)

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

Review of Meeting Dates: General agreement to accept the future meeting dates: Oct. 23rd, Nov. 27th, Jan. 22, Feb 26 and Mar. 26th at 3:45 PM.

Drug-free Status from School Survey: D. Driggers reported on the survey from students. Each campus is to review its survey and select an action plan for improvement as part of the Campus Improvement Plan (CIP), Action: Driggers to report back with action plans Nov. 27th.

Pedometers for kids: Melissa reported for Regina Ward. More research needs to be done to determine best way to select classes and which meters to purchase. Action: Regina will report back with a plan at next meeting.

Stall Street Journal: Robin distributed copies of future issues. The suggestion was made to have a Stall Street for students. Other topics suggested by the committee: respect, manners, acne, eating breakfast, headaches, dental hygiene, food groups and weight/exercise for spring. Action: Barclay to follow up with Robin.

Formative Evaluation of Wellness Plan: Gail reported the food service has implemented all of the policies. Evaluation of the exercise portion entitled Great Body Shop is still in the planning stage(has to be in place by Oct. 2007). Action: Lisa will ask Regina to report on the exercise program at the October meeting.

The *Eat Healthy Program* from the Sec. of Agriculture, Susan Combs, was viewed as a positive program and will be implemented. The Health Fair at the beginning of the fall semester was well received. Gail reported she completed a newsletter at the end of May and is considering holding a food trivia contest. Changes resulting from the TX Food Policy were reviewed by Gail and are in place.

Music in the Cafeteria: Discussion was held as to the benefit. Action: Robin will follow up with the idea of providing a variety of music i.e. music appreciation.

Prevention Program: Julie reported on a health screening program for staff. Action: Julie will email staff a survey to determine interest and report back in Oct.

Staff Wellness: Melissa reported on the equipment now available but that a better location is needed. Action: Melissa and Regina to complete a survey to determine staff interest for Oct. meeting.

Fundraising for Exercise: Deferred

Defibrillator Training: Julie reports it is scheduled for Oct. 9th starting with the high school. There is room for 72 individuals to be trained that day. There was a suggestion to add it to the next employee Health Fair.

Surveys to SISD faculty and staff: Deferred

Emergency Plan: Carlinda reported planning to do a campus audit by teams in October. The teams will focus on facilities and their meeting the safety standards.

Carlinda asked for volunteers to help with the audits. She needs 2 people per campus.

Robin reported a need to design a plan on how to communicate to parents during emergencies. Using the web, newspapers, booster clubs and STARS conferences were suggested. Action: Carlinda will design a plan by the Nov. meeting.

Coats for Kids: Jessica and Candy will follow up.

Empty Bowl: The community's event is Nov. 11 and Jessica will plan the SISD's event in February.

The meeting was adjourned at 4:50PM. **Next meeting: Oct. 23rd at 3:45PM.**

Barclay A. McCort

Barclay McCort,
Recorder

October Agenda:

Drug-free status from school survey - Donna
Pedometers for kids - Regina
Music in the cafeteria - Robin
Great Body Shop plan- Regina
Staff 's desire to participate in exercise pgm. -Regina
Stall Street Journal - Mary/Barclay
Defibrillator training - Julie
Staff Wellness Screening - Julie
Coats for kids - Jessica
Survey to SISD faculty and staff -

Nov Agenda:

Campus Improve. Plan - Driggers
Emergency Plan - Carlinda