

Snook ISD
SHAC & Wellness Committee Meeting Minutes
December 20, 2017

Mission: The mission of the Snook ISD School Health Advisory Council is to work with the staff, parents, and community to provide a healthy environment for the students to learn and grow.

Vision: The vision of the Snook ISD School Health Advisory Council is to increase student health awareness in hopes that students will develop a healthier lifestyle which in turn will help them be more successful in school.

Members in attendance: Diana See Teresa Allen
Emily Vacha, RN

The Snook ISD SHAC and Wellness committee met in the Library. The meeting was called to order by the SHAC President Emily Vacha, RN at 5:30pm.

Minutes from the October 30, 2017 meeting were read and approved.

SHAC Assessment postponed until next meeting due to low attendance.

Department Updates:

Nutrition Services – In June Gov. Abbot signed Senate Bill 725, which allows schools to have share tables and food pantries within school districts. The Snook ISD Food and Nutrition Department has begun discussing the Share Table idea with elementary administrators. Foods that would be allowed on Share Tables are those unopened or pre-packaged, non-perishable foods, and whole fruits and vegetables. There are still many questions that need answers before going ahead with the Share Table. Katy Janner will be speaking with health department inspector to get guidance.

Elementary PE & Health Education – no updates received

JH PE & Health Education – Sarah Bonner has been teaching about heart rate, what's good and what's bad, what types of exercises cause heart rate to go up and down. General fitness during PE time has been exercise, weight room, and how to continue to do those things once they are out of PE. Next semester will teach on nutrition and hygiene.

Elementary Counselor Report – The elementary career fair was a success November 16th. Those who came to talk with students on their careers were KBTX meteorologist and field reporter, constable, county judge, and banker. 4th and 5th grade students got to shadow different staff throughout the day to learn more information about the career they are interested in. There was a great turnout of parents to the Thanksgiving Meal and on National lunch day. Upcoming project is the Great Kindness Challenge January 25-29, 2018. There will be a kindness chain across the school for students and teachers to write ways to be kind. There will also be a checklist of kind acts for students to get checked off for to earn prizes. There was talk that maybe we could show the movie Wonder to all students to address bullying. Also, there are plans to have dress up days that week. Cafeteria helpers are now being used in cafeteria to teach responsibility. Designated elementary students are clearing trays, dumping trays, moving trash cans, sweeping around tables, and wiping tables.

School Health Services Completed vision and hearing testing on all 2nd and 4th graders. All immunizations are up to date on both campuses. Spinal screenings for 6th and 9th graders will be in the spring. Also, we discussed having cardiac screenings for athletes in 7th – 12th grade. This would consist of having an EKG. The organization doing the testing would do first year for free. Then, any years after that would be \$20 per student. Emergency Cardiac Response Team was discussed. Team members still need to be assigned. AED's are located in Elementary by library, High School gym, and travel AED in boys coach office. We discussed getting AED for girl's teams to take on away games. December 15th was Bluejay Fair where students got to use Bluejay bucks they earned with good behaviors. Students were able to participate in fun games or buy items with Bluejay bucks.

CPR – Sam Silver taught CPR. Her report stated that all seniors have been taught CPR. Health Science students also received CPR training at all grade levels. All coaches, bus drivers, monitors, club sponsors and UIL sponsors were taught CPR.

Family and community support was great for the holidays. SPJST donated food cards to those families in need for Thanksgiving and Christmas. Angel Tree was put together by Teresa Allen, Elementary Counselor. 4-H, SPJST, and others came together to buy things to fulfill wants of students whose names were on Angel Tree. Snook students did really well bringing canned food items to take to Annual Food Drive. Money was also raised to donate.

Employee Wellness The Biggest Loser Contest ended November 17th. 13 employees participated. Total weight loss was 36 pounds in 6 weeks. There will be another contest in the spring. Leading up to Christmas some of the employees participated in Secret Santa. There was a Christmas Party December 14th for all employees. This was a time to get together outside school and get to know our coworkers better.

New members approved by the school board are Teresa Allen and Joe Bob Ratliff

With no further business, the meeting was adjourned at 6:10 pm.