

SHAC Minutes November 4, 2019

The meeting was called to order at 4:00pm by Jessica Nichols. The first SHAC meeting was held in the Dillman Elementary conference room.

Jessica welcomed the committee members and thanked them for joining the committee. Everyone introduced themselves.

Jessica provided the local and legal policies for the Student Health Advisory Council and discussed the focus of our committee. The committee will focus on ensuring that local values related to health and nutrition issues are reflected in the districts education programs. The committee will meet at least 4 times during the school year. Policies were reviewed and no changes were needed at this time.

Bryanna Lashbrook informed the committee on nutritional requirements for the school year and the need for scheduling fundraiser days and appropriate snacks for students. The committee discussed food allergy distribution changes to provide another safe-guard for students. The cafeteria will be sacking every breakfast for the students with allergies. The cafeteria will continue to require doctor notes and/or SFE forms as the policy and audit require.

The committee discussed possible activities for the school year:

- Mule Pride Week- The committee discussed continuing a week that would focus on students' self-image and creating a healthy body image. Bryanna Lashbrook would like to include a Farmer's Market with food education for the elementary age students (Dillman and DeShazo). We also have the option of providing a "Get Fit" program that will teach simple exercises for students to perform at home. This program would be provided by the SFE, Bryanna Lashbrook, and gym instructors. The committee discussed having this week of education during the month of February due to focus on heart health and Valentines.
- Nutritional challenges for community and school- The committee discussed challenging the community and students with healthy choices for one month intervals. The challenge would be promoted during announcements and flyers placed throughout the schools/community. The challenges mentioned were: drink more water, avoid sodas, limit sugar intake. The committee decided that these would be more appropriate after the holidays during the spring semester.
- Shot clinic and immunization awareness- The committee discussed the possibility of having K & K Pharmacy offer an immunization clinic on each campus to help with immunization percentages and education for parents. K & K provided information that they would need an accurate estimation for the number of students and needed vaccines approximately 4 weeks before having a clinic. It takes 2-4 weeks to get vaccines from the state of Texas. Each vaccine would \$14.85 and would require parent permission. K & K is overseen by a physician that would be liable for the shot clinic. The committee agreed that this should be something to consider, but no plan of action was put into place.

The committee reviewed the concern related to increasing teen pregnancy rates brought up last year. Jessica and Bryanna updated the committee on the Girl Power event. Lucy updated the committee on the use of the Worth the Wait program. The committee will be looking for ideas on how to combat this rising percentage and educate our teens. The committee will discuss these ideas at the following meeting.

The next meeting will be scheduled for the middle of January. Tentatively scheduled for January 15, 2019 at 4:00.

No further questions and the meeting was adjourned at 4:50 pm.