

SHAC Minutes January 15, 2020

The meeting was called to order at 4:03pm by Jessica in the Dillman Elementary Conference room.

Jessica welcomed and introduced new members. Sign-in sheet and packets of paperwork sent around for members.

Local and legal policies for SHAC provided and discussed with new members. Policies were reviewed and no changes were made at this time.

Senate Bill 11 was discussed with the committee. Dani Heathington will be discussing requirements and changes with Region 17. Plan to include positive self-image and mental health education into Mule Pride Week.

Mule Pride Week will be the week of February 10-14, 2020. The week will focus on improved mental health throughout the district. Each campus will have individual activities that are grade/age appropriate. Examples of elementary age activities provided to the members by Jessica Nichols. Discussed options for older students and campuses. We will have follow up for the event at the next meeting.

Bryanna Lashbrook provided information for the GET FIT! Program and cafeteria surveys. Information from cafeteria presented by Jessica Nichols for Bryanna. Diane Skipworth and Shelly Turnbow will contact Bryanna to make plans to include the GET FIT! into the plans for Mule Pride Week. This program will help with ways to manage stress and make healthier daily decisions.

Community challenge, It's Time Texas, was presented to the committee. It was decided to use the program to include our community in making healthy lifestyle changes. The flyer will be sent home with the students to promote parent participation. Members of SHAC will place flyers at businesses and areas throughout the community (churches, senior citizen's center, WIC office).

The next meeting is tentatively scheduled for 4:00 on February 24, 2020.

No further questions or concerns brought to the committee. Meeting adjourned.