

SHAC Committee Meeting  
November 30, 2009

Agenda

Old Business

Walk Across Texas! Challenge  
Water Bottles at Lamar  
Mission Statement/Goal Sheet  
Teleconference Schedule

Fuel Up to Play 60

Parent Co-Chair

School Health Advisory Committee Meeting Minutes  
11/30/2009

Members in attendance: Belinda Ramsey, Connie Bubenik, Becky Barron, Sharon Huggs, Annette Bennett, Nathan Buchanan, Kay Clayman, Robin Allen, Wanda Voelcker

Mrs. Ramsey opened the meeting at 6:05.

Old Business:

Walk Across Texas Challenge: It had been decided that the school nurses would start teams on their respective campuses. However, after discussing it and taking into consideration the current H1N1 flu situation, the nurses decided to hold off starting any teams until the spring semester.

Water bottles at Lamar Elementary: Mrs. Voelcker reported that she had contacted Mrs. Lerma about using water bottles as opposed to water fountains on her campus. Mrs. Lerma was concerned about keeping the bottles clean and the cost of purchasing bottles for students who parents could not afford them. Mrs. Lerma said she would make sure water fountains were cleaned and teachers were diligent in helping students use the water fountains properly.

Mission Statement/Goal Sheet: Mrs. Ramsey read the statements and goals that had been turned in. She asked that anyone else wanting to present a statement and goals email their suggestions to her.

SHAC Teleconference Schedule: Tracy Rich is recording these conferences for us. Mrs. Voelcker will check to see when he will have them available for any committee member who would like to view them. We hope to have them recorded to DVD so they can be watched at home and returned for others.

New Business:

Fuel Up to Play 60: This program, sponsored by the National Dairy Council and the NFL, has been implemented at the High School. Mrs. Ramsey explained the program to members who had not heard about it before. Mrs. Voelcker reported that the High School was ranked 63<sup>rd</sup> in the state, but had been 21<sup>st</sup>. Also, they were 610 in the nation and had been 400. She reported it was hard to keep the students interested in the program. It was suggested that the program be implemented on all campuses next semester. It was suggested that we gather "incentives" in the form of donations from 24 Hour Fitness or PPGH Fitness Center to encourage students and faculty to participate in Fuel Up to Play 60. Mrs. Voelcker will contact the principals at the other campuses to see if they would like to start this program on their campuses.

Parent Co-Chair: Mrs. Ramsey explained that the new SHAC rules require a parent be the Chair or Co-Chair of the local SHAC committee. She asked for volunteers and Becky Barron kindly accepted the position.

Other New Business: Nathan Buchanan suggested that the committee consider a service project. A project that would benefit the mental wellness of students and parents by giving and providing for others. Suggestions were made such as collecting hats, mittens and socks. It was decided that the nurses would discuss this and bring back suggestions.

Mrs. Ramsey adjourned the meeting at 6:40.