

School Health Advisory Committee

Mineral Wells ISD

Meeting Minutes: March 29, 2011

Members present: Sharon Huggs, RN, Amanda Carter, LVN, Kay Clayman, LVN, Wanda Voelcker, RN, BSN, and Nathan Buchanan

The meeting was opened at 6:05 pm.

Old Business: The requirements of the SHAC Committee were reviewed. Wanda explained that all requirements have been or are in the process of being met. She will be contacting Bobbye Estes to clarify the recommendation of "recommending indicators of evaluation of the effectiveness of Coordinated School Health Programs in place in our district".

The annual report to be presented to the School Board is being compiled and will be presented at the April or May meeting.

The committee was encouraged to look at the district website and see the postings for the School Health Advisory Committee. The nutrition letter, minutes, and now recipes provide nutrition education for the community.

New Business: Discussion was held on the completion of last year's goals. They were as follows:

1. Nutrition education for community
2. Physical fitness modeled by staff
3. Mental jumpstart throughout district

Goals number one and three have been successfully completed. Goal number one was met using Nutritional letters written by Kelly Brown and posted on the district website as well as being sent home to parents. Goal number two was met by emailing and posting information, web links, and resources for "Brain Gym" to teachers and on the district website.

The committee acknowledged that staff is participating in wellness programs such as "Biggest Loser" and "Boot Camp", but was not satisfied that this was modeling physical fitness to students. This goal may be revisited at a later date.

The committee set goals for the 2011 - 2012 school year. Wanda recommended the goals be as follows:

1. Increase the number of students in the healthy fitness zone as assessed by FitnessGram®.
2. Increase SHAC parent participation.
3. Hold at least four meetings in 2011 -2012, with two of those being held in the first semester of the school year.

The committee agreed to accept these goals for the 2011 - 2012 school year.

Sharon Huggs suggested the committee work to find a Human Growth & Development/Sex education program that is designed to be taught before the fifth grade.

The meeting was closed at 6:48.