

School Health Advisory Committee
Mineral Wells ISD
Meeting Minutes: February 28, 2011

Members present; Kelly Brown, Ramsey Walker, Kay Clayman, Annette Bennett, Wanda Voelcker, Susan Boyd, Collin Boyd.

Meeting was opened at 6:54.

Old Business: The Nutrition Newsletter was discussed and it was agreed that it contained very important information but that it could be reduced in length. Kelly will be contacting Tracy Rich to set up a link from the District web page to a child nutrition page which will include recipes our student's families might want to use. Discussion was also held about creating an interactive link for parents and students to submit recipes. Mrs. Bennett suggested we might even take submitted recipes and revamp them into healthier recipes if possible.

TENT training sessions; Wanda contacted Tracy and he has provided the information for viewing them online. She will email everyone the link so they can view the trainings.

Physical fitness modeled by staff; Wanda reported that the district does not currently have any specific fitness program that is being modeled by teachers to students. However, Houston Elementary is holding a Biggest Loser program as well as a weekly registry for holistic wellness which logs physical, spiritual, and emotional wellness. Lamar Elementary is also holding a Biggest Loser program and MW High School is holding a Boot Camp program for staff wellness.

The Brain Gym® program was discussed. Wanda explained that this program helps with stressful situations such as general testing as well as TAKS testing. Information and web links were provided in an email that was sent to all teachers in the district. The information was offered as a tool for teachers to use with students in stressful situations. It was suggested that books and posters be purchased, however, with current financial issues taken into consideration, it was suggested by Mrs. Boyd that the committee consider having the PTO's purchase items to be used by interested teachers.

New Business: Requirements of the School Health Advisory Committee were discussed. Wanda reported that they can be found in the TENT training sessions online. These requirements include:

- Meet a minimum of 4 times per year
- Contain a minimum of 5 members
- Develop a detailed account of SHAC activities and recommendations and report this to the School Board annually
- Appoint a parent as chair or co-chair of the committee
- Recommend indicators of evaluation of the effectiveness of Coordinated School Health Programs in place in our district

The annual report which the SHAC is required to present to the School Board was discussed. It was decided to hold off on presenting it until the April or May meeting.

Discussion was held on appointing a parent co-chair. Annette Bennett agreed to serve in the position for this school year.

The Health Curriculum used in the district was discussed. It was reported that the current curriculum being used in the district is Healthy and Wise which is an authorized curriculum.

The district's sex education curriculum, Worth the Wait, was also discussed. Ramsey Walker and Collin Boyd, both students at Mineral Wells High School explained that they had been through the program and felt they had received good quality information from it and believe it is a good curriculum for the students of our district.

The next SHAC meeting will be March 29th at 6:00 pm in the conference room at the DSC.

The meeting was adjourned at 8:00 pm.