

## **Minutes from SHAC (School Health Advisory Council) Meeting Thursday 4/19/07**

**Present:** Karen Schwind, Sue Hanner, Cheri Polk, Beth Matulich, Gwen Mills, Kathleen Greer, Merry White, Silke West, Sue Phillips

Karen Schwind, NBISD Health Services Coordinator, opened the meeting and welcomed those present. Introductions were made and updated contact information was received on those in attendance.

Karen Schwind told us about the Cancer Prevention Study-3 which will take place during the American Cancer Society's Relay For Life April 27 from 5:30-9:30 at Canyon High School Stadium. Information was given regarding the criteria required to participate in the study, and all were encouraged to promote this activity in our schools and community.

Silke West, Aramark representative and Food Services Director, brought a variety of new low-fat, reduced sugar snacks for us to sample which may be offered at schools for next year as part of the snack offerings. She also discussed alternative entrées and informed us of the changes being made at the state level to bring in healthier choices in the schools (ex. No fried foods starting 09-10). The question was addressed about having salad bars at NBHS/NBMS. We were made aware of the issues involved with keeping food services control over these items and keeping the standard of quality for a salad bar. It may be offered on a trial basis along with possible soup choices. Food Services is also working on a Taste Testing Activity which will be done by invitation only, and will serve to help get input from students and staff regarding preferences for new menu items and snacks. Silke stated that she is getting familiar with our wellness policy, CATCH, and will begin to tie in the GO-SLOW-WHOA Food concept to our menu items. The possibility of using that concept with the older students and labeling as "healthy choice" item with fat grams content was proposed as an idea by Sue Hanner.

Upcoming Safe Sitter classes are being offered at McKenna Healthlink for ages 11-13. Sharon Wild who was unable to be in attendance at this meeting had provided dates of classes and course fee information for us.

Sue Phillips, P.E. teacher and CATCH champion at Carl Schurz, gave us an overview of the activities that are being implemented at their school as part of the CATCH wellness program. Those included Family Fitness Fun Fridays (scheduled in October and April) where parents are invited to come and walk laps with their students. It has been a huge success and has gotten the school community involved in fitness. Another scheduled fitness activity includes a Kite Day. She encouraged the District to get more involved and begin to document the activities that are being done to fulfill the state-mandated wellness policy that must be in place by next fall. K. Schwind reported that all new teachers would get the CATCH training as part of the New Teacher Orientation next August along with other medical and safety issues. Sue also made us aware of a new Senate Bill, which is

now before the House that will mandate physical fitness testing to be done twice a year, and possibly increase the amount of physical activity minutes required per week. More information should be coming out about this soon as it is being proposed for the 2007-08 school year.

Lizzie Trevino was unable to be in attendance, but brochures with information concerning the Safe Schools-Healthy Students Grant were made available.

Beth Matulich discussed the possibility of having a growing-up film available to 4<sup>th</sup> grade girls only since we have many girls who are maturing and going through puberty at an earlier age. A film entitled "Just Around the Corner For Girls" was previewed by K.Schwind and Beth Matulich and found to be appropriate; however, some of the 4<sup>th</sup> grade teachers at Carl Shurz also previewed it and expressed concerns that it contained more information than needed for that age group. Differing opinions were expressed, and it was decided that more input was needed from parents before a decision could be made to make this a recommendation to our Board. The possibility of having the film available to use as an option on an as-needed basis was also discussed. This will be discussed again at another meeting.

K. Schwind reported on the AEDs that have been purchased for six of our campuses. This leaves four campuses (LP, S, CS, and ME) along with EC and LC without AEDs. As a District, we have met the UIL requirement, but we want to make all of our schools safe and prepared for emergencies. Therefore, we will continue to push for this life-saving measure to be made available throughout the District. It was also reported that we now have three school nurses who are certified to begin teaching CPR classes, which will help to further implement our AED procedures.

Sue Hanner expressed a concern about some of the teachers' resistance to schedule in the Worth The Wait program/curriculum. It was discussed and determined that administration should clarify the fact that this program was adopted by our District and is to be a part of our curriculum at school, and that we need to support and show appreciation for the efforts of those who are willing to come in and help with the implementation of this. Cheri Polk also suggested in relation to this issue that teachers who are involved with the scheduling of the classes need to make appropriate measures to line up the participating physicians in a timely manner, giving ample time for them to plan their schedules.

The last agenda item was looking ahead to meeting dates for next year. Different start times were discussed, and the consensus was that we will schedule our first meeting after school at 4:30 so as to get more parent involvement and to give our nurses a full day on campus. The proposed dates for 2007-08 are: October 18, 2007, January 17, 2008, and April 17, 2008.

Minutes recorded by Beth Matulich R.N. 4/20/07.

