

School Health Advisory Council
Meeting Minutes
March 6, 2006

Members in Attendance: Julie Hart, RN, Health Services Coordinator, Chairperson
Maryanne Morris, RN, LISD
Shana Guenther, Health Aide, LISD
Monty Kay Fredrick, RN, Department of Health Services
Lenaya Smith, PE Teacher, LISD
Judy Witte, RN, LISD
Curtis Clay, Community Representative
Carline Hoyle, PE Teacher, LISD
Candi Schuelke, PE Teacher, LISD
Beth Limbrick, LVN, LISD
Rev. Randy Frye, Community Representative
Katie Hornberger, Student Representative
Gwen Stone, RN, Community Representative

Julie called the meeting to order at 5:30 p.m. She began with a discussion of her meeting with the District Advisory Committee. She explained that this group comprised of about thirty to forty individuals including principals, teachers, administrators, etc., who provide a good representation for the school district. Julie presented to this group The LISD Wellness Policy and Implementation Plan that was previously reviewed and updated by our committee, SHAC.

The District Advisory Committee recommended the following:

Nutrition Policy, Goal I, Activity (eliminate #4) the reason being that because of Lauren's Law, which was discussed at a past meeting, we should not try to request parents to group birthdays on one day. #4 was deleted.

Nutrition Education Policy, Goal I, Evaluation, eliminate the word daily. Daily was eliminated and **Goal II** was approved as is.

Physical Activity Policy, Goal I, approved as is. **Goal II**, Activity, change #2 to: Yearly budget money will be designated to provide health/education training to staff. Eliminate, such as "CATCH". These changes were made.

Julie stated that this information would be presented to the School Board and thought it was a very good start. We can build and add to these policies each year. The School Board Meeting will be held on March 27, 2006. Julie's presentation will be included on the agenda and she would appreciate any support that our group could provide at this meeting.

Next Julie reviewed the handouts, **Texas Public School Nutrition Policy at a Glance**, **Suggestions For Nutritious Snacks** and **Non-Food Ways to Raise funds and Reward**

a Job Well Done. She suggested that we make this information available to the public by placing links on each campus's website.

A discussion then ensued as to where and how we can get health information out to kids and parents. Carline suggested that the information be distributed at the beginning of the school year by putting it in the handbook, either campus or student. Julie will investigate.

Julie then reviewed the **Better Living for Texas** handout, which is a monthly newsletter that is distributed by the Caldwell County Extension office. It is both in English and Spanish and contains very valuable health information, including recipes. Sarah Montgomery, County Agent, is willing to copy enough of these letters to distribute to all schools, including students and staff. The letter can probably also be found at TAMU.org. The extension office also has a monthly support group meeting for people with Type 2 diabetes. The program is described in the handout, **Do Well, Be Well with Diabetes**. Julie has attended this meeting and spoke a little bit about it.

Lanay said that she had in her possession a calendar that suggested health activities for students and their families for each month. She will send a copy of this to Julie.

Julie introduced Randy Frye. Since he is responsible for putting together a diabetes support group for parents of children of diabetics, Julie asked him to speak on this topic. He brought the group together after identifying a need in the community. He spoke about the different stressors that were common to parents. He is planning to add a support element for the kids. It would be a way for these kids with diabetes to connect. He would like to recruit some students that have already graduated and have diabetes to come and work with this younger group of kids. On March 23, @ 7 p.m. Dr. Black, the pediatrician, will be speaking at the meeting about OTC medications for diabetics. This topic is of great importance because there are so many OTC medications for children that contain sugar and are not safe for diabetics. The meeting will be held at the First Christian Church, which is on the corner of SanAntonio and Church Streets. If anyone has questions they can call him @ 376-8060. He will send a flyer to Julie.

Randy said he would reinvite everyone to the SHAC blog. It is a good way to continue ongoing conversations, share articles, comments, ideas, etc.

Candi stated that she has viewed some other school districts SHAC information and found it to be very useful and informative. Julie explained that all of our information could be found by going to LISD home page, clicking on Programs/Services and then Health Services.

The meeting ended at 6:30 p.m.