

**School Health Advisory Council  
Meeting Minutes  
January 14, 2008**

**Members Present:**

Monte Kay Fredrick, DSHS  
Warren Lay, Fire and Rescue  
Clinton Browning, Fire and Rescue  
Judy Witte, RN, Bluebonnet Elementary  
Julie Hart, RN, LISD  
Frank Milton, Aramark  
Maryanne Morris, RN, LHS  
Gwen Stone, Community Member,  
Candi Schuelke, Bluebonnet Elementary  
Randy Frye, Pastor, Community Member

The meeting was called to order at 5:30 pm by Julie Hart. The plan for last month was for Donna Voetee to show a video about a school district's success with changing student's diets that resulted in an improvement in student behavior. Donna was not able to attend this meeting so we will plan to view the video at the next meeting.

Julie distributed an article entitled "Preserving a Fundamental Sense: Balance". It contains helpful information on how to maintain this sense as we age.

Frank Milton, Director of School Nutrition, gave a presentation. It included information about childhood obesity and Aramark. He outlined the reasons for an increase in childhood obesity and explained that there are 25 million kids in this country that are at risk of becoming obese. The Aramark handouts he distributed included information on how they are working to decrease childhood obesity and weight related health conditions through providing nutritious meals and wellness education. He went into detail regarding the Nutritious Meals Program, Wellness Education, Dining Brands and Wellness Promotions and Environmental Stewardship. He explained that it will take the cooperation of schools and parents to improve conditions. Some of the health conditions related to obesity that we are seeing today are hypertension, kidney failure and type II diabetes. Health care spending is up \$74,000 since 2003 according to an article in Time magazine.

Mr. Milton is attempting to expand the school breakfast program. This would involve serving the students breakfast in the classrooms thus insuring that more students will eat something in the morning. Breakfast would be served for the first 15 or 20 minutes of first period and would consist of "grab and go foods". He explained that breakfast has been shown to affect all levels of health and education giving students a better opportunity to learn. Children do much better when they are well nourished and in a comfortable environment. He went on to explain the remainder of the handouts.

Julie reported on the Fitness Gram information. This information was briefly touched on in a previous meeting. Senate Bill 530 has mandated that all students from 3<sup>rd</sup> through 12<sup>th</sup> grade will be tested. A letter was sent out to superintendents stating that those who would be doing the testing be set up for training. The target date was November 2, 2007 however our district has still not determined how the testing will be accomplished and by whom. There are three components to this test: ActivityGram report, FitnessGram parent report and FitnessGram student report. Samples of these are attached to the agenda. The training software is free.

Final drafts of brochures were distributed by Warren Lay, including Emergency Preparedness Message to the Community and Babysitting Tips. They are ready to be taken to the printer and then distributed to the public. Various ways of distribution were discussed by the group including, sending them out with report cards, in school folders that are sent home to parents or given out in homeroom. Each school will determine their own best method of distribution.

Randy Frye mentioned that his church camp in Gonzales is looking for nurses to work this summer. He asked that any nurses that would be interested contact him at his church number.

The next meeting will be held Monday, March 17, 2008 in the High School Library.

The meeting was adjourned at 6:30 p.m.

Submitted by: Maryanne Morris