

**School Health Advisory Council**  
**October 8, 2007**  
**Meeting Minutes**

**Members Present:**

Maryanne Morris, Lockhart High School  
Katrina Van Houton, Parent of Navarro Student  
Julie Hart, Lockhart District  
Donna Voetee, The Life Emporium  
Carlos Galvan, State DSHS – WIC/Parent  
Warren Lay, Lockhart Fire Department  
Gwen Stone, Community Member  
Randy Frye, Pastor/Parent  
Rachel Juarez, Parent  
Donavan Thomas, DC, Lockhart Chiropractic  
Steven Steele, Parent

The meeting was called to order by Julie at 5:30 pm. New members were introduced. She commented on how happy we were to have so many parents of school aged children join our group.

Julie explained that the agenda was very detailed in order to inform new members what the council is about and what we have accomplished over the past several years. The mission statement was then read and it was explained how it was developed using the input of the group and the goals developed by the state.

The council has developed the district Wellness Policies and all goals were approved by the School Board. It is required that the School Board approve any policies developed prior to implementation.

Each goal was reviewed and an explanation was given to justify why or why not they had been achieved. The two goals that were not fully accomplished are: integrating wellness policies into district and campus goals and having a representative on each campus and district improvement committee. These were difficult to meet due to numerous administrative changes in the district last year and the district's emphasis on improving TEKS scores. We will continue to attempt to accomplish these goals over the next year although it might be difficult again due to the interim status of many administrative staff. Mr. Galvan brought up the point that a more effective way to persuade administration to include a wellness representative and include wellness goals would be to tie the nutrition aspect into the positive impact it will have on increasing test scores. Mr. Galvan and Mr. Fry volunteered to help Julie with this task.

The goals that were achieved are: CPR/First aid, AED's placed in each school, Diabetes Training, Health Education, Family/Community Involvement, Counseling/Mental Health, Staff Wellness, School Meals and Nutrition and Physical Activity.

AEDs are now on all campuses. There are two more needed, one for the Cub House and one for the Special Ed building. Another goal is to provide each teacher with face shield for CPR rescue breathing. These would be located in the first aid kit which is kept in each classroom. Some of the campuses already have them.

Each campus now has at least one Diabetic Assistant. They are trained to handle any diabetic emergencies in the event that one should occur while the nurse is unavailable. The training is conducted using the American Diabetes Association Guidelines.

As part of the Health Education Program the county extension agent went to several grade school campuses and taught lessons on calcium, the food pyramid and many other health related subjects. We hope to continue this project this year. The county agent will be contacted.

Julie outlined how the Family/Community goal was being met through various activities on campuses. A member then asked about students' volunteer opportunities. Organizations such as the Key Club, HOSA, Student Council, and Club Kiwanis are providing these opportunities.

The Schools in Communities Program is being continued and growing with counselors now located at Carver, Jr. High, High School and freshman campuses. A question was raised by a member as to whether the group was aware of the "New Freedom Commission on Mental Health" a national law that supposedly requires all children to be tested for mental illness. No one was aware of this law and it will be further investigated. Currently only our special education kids are tested or anyone that is identified with a mental health issue.

Staff wellness is still a challenge. Each campus initiates their own program. There is no money available for a district wide program. Donna Voetee of The Life Emporium explained some of the services that she offers such as Supermarket Survival. She would be willing to do some in-services and work with the teachers on healthy shopping and meal planning. Mr. Galvan suggested that when it is a group effort, for example, weight loss goals, the program can be more successful. Julie mentioned that Weight Watchers is a very popular in our community. Another way to disseminate wellness information to employees is through newsletters or Emails.

Texas Public Schools and Nutrition at a Glance brochures were distributed. Currently state guidelines for nutrition are being met on each campus. Any questions regarding Aramark, our food service provider, were tabled until a later meeting when the new Aramark Director will be present. Ms. Voetee will bring a video of a study that was done at a high school involving health choices offered to students and the results of this study.

Physical Education teachers in the elementary and jr. high grade levels are implementing the CATCH Program. Teachers and other staff were trained in the implementation and use of this program. Two of the goals are to incorporate health information into classroom curriculum and to promote life long health habits.

Other ideas up for discussion were banning high fructose corn syrup for use in foods provided at school lunches, ways of getting information out to students about community events, resources, etc. and budgeting for health related issues. Currently the only resource available to inform the population about community events, clubs, etc. is the Lockhart Post Register and some people do not subscribe to the paper.

It was decided by a unanimous vote that another meeting should be scheduled in November to revisit the goals that have been partially met and to concentrate on health issues related to staff, students and the district. The next meeting is scheduled to be held Monday, November 12, 2007 at 5:30 pm at our current location.

The meeting was adjourned at 6:40 pm.

Submitted by: Maryanne Morris