

**School Health Advisory Council**  
**Meeting Minutes**  
**March 17, 2008**

**Members Present:**

Katrina VanHout, Parent  
Shanna Guenther, Carver Kindergarten  
Nancy Joseph-Chandler, Clear Fork Elementary  
Monte Kay Frederick, Health Department  
Warren Lay, Fire Department  
Dori Yeater, American Diabetes Association  
Maryanne Morris, Lockhart High School  
Candi Schuelke, Bluebonnet Elementary  
Judy Witte, Bluebonnet Elementary  
Gwen Stone, Community Member  
Julie Hart, LISD

The meeting began at 5:30 p.m. Julie introduced Dori, The American Diabetes Association Representative.

Ms. Voetee was not yet present to show the Nutritional DVD spoken of at a previous meeting. This item on the agenda was postponed. Julie had received word from Ms. Voetee that she or a representative would be attending the meeting.

Julie then presented a copy of an article she found in the newspaper which described Patricia's Lunchbox, a school lunch program, which provides from scratch, healthful food for kids at four schools in Austin. It went on to explain how successful this program was and how much the kids liked the foods.

Bluebonnet Elementary participated in the "Smile Texas Program". Judy explained how the dental group came and set up a clinic in her office. She went into detail regarding the application process, how parents were notified, services and prices. One draw back was that if cavities were identified, there was no follow up for kids without insurance, Medicaid or Chip. Monte Kay thought there might be a dental program in Luling for people who could not financially afford dental care.

Candi Schuelke from Bluebonnet then gave an update on the Fitnessgram requirements that the state has mandated for all students from 3<sup>rd</sup> to 12<sup>th</sup> grade. She stated that everyone has received the software and materials, but so far there has been no training. Other concerns were that there was no district wide direction. Each school was doing their own thing. She explained that in other districts there are PE Directors who are coordinating the process for the districts; however Lockhart does not have a PE Director.

Julie then reviewed the handout with information regarding a video conference that will be presented through the Regional Education Service Center. It is the joint effort of Texas Action for Healthy Kids, DSHS and TEA. Items covered will be coordinating

school health programs and quality PE programs, effective SHACs, community/PTA involvement, importance of recess and best practices for quality PE programs. The date of the conference is Monday, March 31, 2008 from 1:00-3:00 pm.

Texas Action for Health Kids is offering a project grant. Julie distributed a handout.

Dori then went on to explain some of the services and activities that ADA offers. She is the head of the School Walk for Diabetes Program. If a school chooses to do a walk there is one day of diabetes education available and the curriculum can be geared for grades K through 12. She would be involved with fundraising and celebrations. Candy discussed how wonderful the program was as her school has sponsored one. Judy had seen some of the visuals they use for education and said they were very helpful in understanding the disease process. They also supply big banners to schools that participate. Possible sponsors for the program were discussed, including HOSA and Student Councils whose clubs are active in organizing community events. Maryanne suggested that maybe health teachers at the high school could use the curriculum for diabetes as instruction in their classrooms. Dori promised to get a copy of the curriculum to her.

Candy requested that the CATCH training provided a few years ago in the district include more staff members in particular, teachers, if presented again.

Warren announced that there will be a Bicycle Rodeo on May 17, at city Park for 9 am to 1 pm. There are quite a few kids who attend this rodeo and receive free helmets. He thought that car seat safety training was also included.

Julie reviewed the area wellness activities that LISD employees have the opportunity to participate in including Health Check at CTMC in April, Relay for Life in April and High School Blood Drive in May.

Our next meeting dates for the school year 2008-2009 will be September, October, November, January, February and March. All members agreed on these dates.

The meeting ended at 6:30 pm.

Submitted by: Maryanne Morris



