

SHAC Meeting Minutes-October 10, 2023

Attendees: Amanda Alexander, Chris Bartholomew, Rolanda Lawler, Christy Willis, Hunter Foley, Ashley Drury, Crystal Tebbenkamp, Ashley Vanhorn, Bridget Moots, Brandy Stevens, Patty Villapiano, Morgan Barker, Liz Blackburn

The Elementary Booster Club graciously allowed us to meet with them during their meeting. Rolanda explained what SHAC is and does since many in attendance were not aware. Data from the nurse's office during August and September was presented. Questions about SHAC and the nurse's office were answered. Rolanda discussed how the school nurses and the school counselors often overlap and interact with the same students, promoting the need for effective collaboration. They strive to support the students to attain positive mental and physical health, thereby increasing overall school success.

Christy and Hunter explained what GAC (Guidance Advisory Committee) is and does. Data from the counselor's office was given, along with some programs they are implementing this year-Lunch Bunches, Classroom Lessons, & a Monthly Newsletter.

Instead of Red Ribbon Week, the elementary will have Wellness Week. Each day will focus on a different healthy choice they can make to improve their lifestyle. Adequate rest, eating fruits & vegetables, drinking plenty of water, physical fitness, and laughter are the topics. The counselors worked hard to plan and organize this event. They will provide lessons about each topic to the students and everyone has the opportunity to dress according to the theme of the day. The counseling and nursing offices teamed up to provide incentives for some fun activities and games. We hope the students and their families will participate and learn about healthy habits.