

# STUDENT HEALTH ADVISORY COMMITTEE MEETING MINUTES

## 2-6-18

### Food Choices

Dorothy Simpson  
Director of Food Services

*SHAC members were guests for breakfast at the Turner College and Career Campus cafeteria. After making selections, the district nutritionist Ann Shetler explained how food choices are made for serving in the cafeteria. She discussed specific items offered at breakfast that are traditionally state and nationally recognized brands such as Tyson, Borden's, Totino's, Con-Agra, Lipton, etc. She explained that some products are specifically made for schools to meet federal guidelines for calorie, sodium, fiber, and other nutritional values. Food Services Director Dorothy Simpson provided additional input on purchasing and meeting federal requirements. Mrs. Shetler discussed balancing grains for the week, sugars, offering fruit to every student, gluten free cereal, etc.*

### Concussion Protocol

Ben Pardo  
Director of Athletics  
Chris Shaddock – DHS Trainer  
Matt Thomas – PHS Trainer

*District Athletic Trainers Matt Thomas from PHS and Chris Shaddock from Dawson High School presented information on the district concussion guidelines starting with concussion management, return to play protocol, and what trainers do to keep kids safe. They shared the district guidelines that have been established for student athletes including cheerleaders and drill team members as well as health and wellness management. They provided copies of House Bill 2038 relating to prevention, treatment, and oversight of concussions affecting public school students participating in interscholastic athletics and the PISD Athletic Department Guidelines for Concussion Management. Trainers shared screening, referrals for doctors, parent communication, and recovery. Accompanying the trainers and providing additional input were team physicians Dr. Jason Decker, Neuropsychologist Dr. Summer Ott from Memorial Hermann, PISD Athletic Director Ben Pardo, and Asst. Athletic Director Eric Wells.*

Future SHAC Dates:  
April 9, 2018