

SHAC Meeting Notes

January 29th, 2024

Members Present: Makayla Emmons-Smith, Colleen Goundrey, Lesley Gershmel, Lezli Real, Kristy Skidmore, Sarah Strickland

The meeting was called to order at 6:06 pm by Makayla Emmons-Smith.

Meeting notes were voted on and approved by the group unanimously.

HB 3908

An overview of HB 3908 was discussed – ‘fentanyl prevention and drug poisoning awareness education for public school students in grades 6-12’.

Guest speaker Connor Gilbertson, the Public Relations Coordinator for The Council on Recovery was introduced. The main topics of discussion are as follows:

- The Council of Recovery provides Narcan and Narcan administration training.
- Narcan is a nasal spray that targets opioid receptors in the brain. If it is administered without an active opioid overdose, it is not harmful.
- Narcan is sold over the counter anywhere where prescriptions are sold.
- Anything that is not a prescription drug could be laced and deadly.
- “One pill can kill”.

In Barbers Hill ISD the police officers and school nurses are all Narcan-trained and have doses on hand. The athletic trainers are working on getting trained and getting Narcan available to them.

Annual Health Fair

The Annual Health Fair will be held on April 27th, 2024, from 10:00 am-2:00 pm. A sub-committee was formed for the fair. Members are as follows: Makayla Emmons-Smith, Colleen Goundrey, Lezli Real, and Sarah Strickland. The meeting for Annual Health Fair planning will be held on February 26th, 2024, at 6:00 pm.

Wellness Activities at BHISD

Colleen Goundrey, BHISD Coordinator of Health Services, reviewed some of the current employee health and wellness programs.

‘Maintain No Gain’, a program encouraging no weight gain during the holiday season, was finished this month.

Fitness Fusion classes are being held on Tuesdays and Thursdays this semester. A new trainer is teaching these classes.

The Mammogram bus will be on campus on February 22nd. This service will be available for district employees during their planning periods or lunch periods.

Upcoming Dates:

- February 26, 2024 – Annual Health Fair Sub-Committee Meeting
- March 18, 2024 – SHAC Meeting
- May 6, 2024 – SHAC Meeting

There were no open discussions or questions.

The meeting was adjured at 7:12 pm.

Meeting notes submitted by Sarah Strickland, MS, RD, LD