



Keller Independent School District

School Health Advisory Council Meeting

Meeting Minutes, November 29, 2018

The SHAC met on November 29, 2018 at 8:15 am at the Education Center. There were 12 members and 2 guest present.

Jennifer Fleming addressed the council regarding the district's Abstinence Education. The education is provided in 7th grade during the Advisory period in a program called IChoose. Boys and girls are separated during the portion of the program that discusses STDs and Abstinence. Parents can opt out of their student participating in the program if they choose. The program addresses the brain, teen decision making, current drug trends, sexually transmitted diseases, abstinence as the only way to avoid STDs and unwanted consequences of sexual behavior, emotions, consequences of social media and support systems. There is a reflection piece at the end of the program where the student creates a personal collage. The program runs over a month.

Cindy Parsons, RN, BSN discussed some updates in Health Services. Scoliosis screening has changed. Girls are required to be screened at age 10 and 12 or 5th and 7th grades and boys are required to be screened at age 13 or 14 or 8th grade. The screening is to take place in the fall. The district has completed the scoliosis screening for the year. Flu is starting to hit the district. Although the #s are not high, the campuses have been encouraged to step up their education on handwashing and cover your cough.

Sheri Rich discussed updates in Employee Wellness. The districts Go Red Day will be February 1st. If an employee donates \$20 to the American Heart Association, they will receive a Go Red t-shirt. Other HR Employee Benefits programs currently in progress include:

- No Soda November
- Planksgiving Challenge- goal is to complete a full 1 min plank at the end of 2 weeks
- Employee Fitness Card- cards that will be provided to staff to remind them to take small fitness breaks during the day
- Biometric Screening
- Stress Management class for employees

Kelly Vandewalker provided some updates regarding PE. Field days have started up on the campuses. Campuses are inputting their fitness gram data. The district is working to include CPR instruction in the 8th grade Fitness Gram.