

## Student Health Advisory Council

(Shac)

Summary 2013-2014

The Shac committee meets 4 times per school year to discuss the following.

1. Health Services
2. Counseling and Mental Health Services
3. Healthy and Safe School Environment
4. Staff Wellness Promotion
5. Physical Education
6. Nutrition Services
7. Health Education
8. Parent and Community Involvement

We are made up of parent volunteers, the district nurses, food services, and our athletic trainer.

Last year we met and discussed the standard screenings that our nurses do. We talked about a variety of problems. The beginning of the school year is very busy for our nurses. They have to do all the mandatory screenings and get their clinics up and running. With the growth our district is having they are very busy with some campuses having 80+ students per day. We have quite a few students with allergies that require epi pens. Also we have quite a few diabetic students, they need to be monitored closely. The nurses do a great job keeping up with all of these health problems as well as the other health problems that come to them.

Nurse Tuinstra noted that beginning with 2014/2015 school year, the state is mandating CPR instruction to be provided to students at least once in grades 7-12. To that end Nurse Starr and Nurse Tuinstra have started teaching our students CPR. Nurse Starr has done an exceptional job at teaching our Jr. High kids the basic CPR requirement. Nurse Tuinstra is doing a great job as well.

The State mandated a new bill called HB 1018.

It amends the duties of local school health advisory councils to include, if feasible, joint use agreements or strategies for collaboration between the district and community organizations or agencies. Requires any such joint use agreement to address liability for the school district and community organization or agency. Directs each local school health advisory council to establish a physical activity and fitness planning subcommittee to consider issues relating to student physical activity and fitness, and to make policy recommendations to increase physical activity and improve fitness among students. Requires local school health advisory council reports to the district to include any recommendations made by the physical activity and fitness planning subcommittee

Our subcommittee has met and is starting to work on the requirements. They have explored possible ways to work with the community and city to encourage our students to be more physically active.

Our Food Services were audited and were found to be in compliance with state regulations. Ofelia told us that by the 2015-2016 school year all items will have to be 100% whole grain. They have started offering salads at the elementary school and more fresh fruit and vegetables at all the campuses. They are also working to lower the amount of sodium in the lunch and breakfast offerings per the state requirements.

At several meetings the nurses brought up the need for early registration. It would help them to make sure every student has the proper forms turned in early so that if there are any problems they can be addressed quickly.

At our last meeting Corina Ramos had asked if she and some other ladies from the community could come and talk to the committee about a health fair. This was something that we as a committee had talked about off and on for several years. Corina came and told us her idea for a health fair. We all approved and were on board with it. It was held August 2, 2014 at our JR high facility. More than 100 people attended the event. There were numerous vendors with booths as well. There was a great seminar on mental health that was very well received by the attendees. We will be having another health fair next year on August 1, 2015 and hope that it will be even larger than this year.

Overall we had a successful year and were able to help implement the state requirements in a timely manner.

Respectfully yours,  
Becky Stalcup  
SHAC Committee Chair