KENNEDALE ISD
Committed to Excellence

School Health Advisory Council Special Meeting Minutes 01/27/2025

-Meeting start time – 4:45 p.m.

Opening Statements:

- Meeting called to order by Sara Humphrey, KISD Healthcare Coordinator
- Prior meeting minutes were presented:
    - This meeting's minutes will need to be voted and approved during the next meeting.

Tarrant County Public Health Presentation by Sherry Williams

- Tobacco and vaping awareness
    - What's in a cigarette?
    - Using tobacco and vaping as a means to handle stress, hence also teaching alternative stress management techniques
    - Importance of prevention of tobacco and vaping addiction prior to the age of 18
- Kids growing healthy/ Nutrition information
    - Teaching how to read food labels
    - Eating the rainbow with healthy fruits and vegetables
    - Healthy eating in partnership with being active
- Sleep health
- Stress Management
    - How to deal with stress and healthy time frame to recover from stress
- Request form submitted to TCPH 4-6 weeks in advance for classes to come to school
    - All presentations come with pamphlets and handouts.
    - Free education
    - Will come and present during school hours
- TCPH can also provide a stress management and sleep health course for faculty and staff for free
- Sara Humphrey proposed healthy heart programs like American Heart Association and hands only CPR for students starting at elementary schools

Closing Remarks/Q&A:

- Sara Humphrey will meet with Dr Devlin regarding implementation of programs
- Future meeting dates proposed: March 10th & May 12th

– 5:26 p.m. Meeting adjourned per Sara