

Hitchcock ISD School Health Advisory Council Meeting held on February 1, 2023

The meeting was called to order.

Members in attendance: Krista Kilsby (parent), Melissa Arnold, Drewann Perales LVN, Darlene Blackwell RN, Belinda Chambers, Kelly Temple, Karen Peterson RN (faculty), Symone Woods, Ja'nya Bailey, Kendall McCardell, Zoey Bryan and Elia Bell (students).

Minutes reviewed from December 14, 2022 meeting.

Gave a brief explanation to the new students present that the purpose of SHAC is to assist the district in ensuring that local community values are reflected in the district's health education instruction.

Topics for Discussion - Eight components of coordinated school health should be the priority focus area for the SHAC: 1 - Nutrition Services - Discussed with the students present how the new snacks at lunch were going. The students responded by saying they didn't like the options. They suggested more chip options and fruity snacks; add Capri Sun, bottled water, Gatorade and Kool-aid Jammers and possibly add a salad bar at lunch; 2 - Health Services - no issues; 3 - Healthy & Safe School Environment - No concerns expressed. It was explained that when an incident occurs, a threat assessment is completed by staff; 4 - Counseling & Mental health Services - counselors are available on the campuses. High School has a Counselor for academics and community resources and also a Social Worker for issues at home and emotional and community resources. She is for the District but housed at the High School; 5 - Staff Wellness Promotion - It's Time Texas Challenge is running now through March 9th. Requested to resend the sign up information; 6 - Parent & Community Involvement - KFHS has a Community Coordinator for their program; 7 - Physical Education - KFHS has Fun Fit Friday two times a month. Older students have a FitGram done yearly by PE teachers; and 8 - Health Education - KFHS is partnering with GCHD on My Plate starting next week. This program is about a 15 minute program with teaching on nutrition and an activity for the Head Start students. They may have other programs for older students. Darlene Blackwell RN to send program and contact information to the school counselors.

Future Meeting Dates are scheduled for 1:00 PM on March 29, 2023.

Meeting was adjourned.

