SHAC (Student Health Advisory Council) Meeting
Date: November 3, 2022
Time: 5-6:00 p.m.

Minutes

Attendance: 5:00 p.m. start
Laura Cook, Robert Woolf, Chandon Ford,Travis Motal, Laura Elder, Kelsey Toomey, Brandon Canady, Shawna Basta, Michaella Ellis,Tricia Richards,Claudia Sandoval,Melanie Bowman, Patricia Champion.

1. **Call to Order & Roll Call**
   Brandon Canady- Chair
   Tricia Richards- Co-Chair

   Michaella Ellis,Claudia Sandoval,Laura Cook, Robert Woolf, Chandon Ford,Travis Motal, Kelsey Toomey, Shawna Basta,Melanie Bowman, Patricia Champion, Laura Elder

2. **SHAC roles and responsibilities**
   -Viewed SHAC presentation
   -We are here to suggest not make changes
   -Subcommittee Chart

3. **Review of last years topics:**
   -Viewed SHAC 21-22 end of year presentation submitted to the board.

- **Special programs**
  Not a lot was done
  We have our own character ed program
  Not implementing - just presenting it to you for feedback before it's presented to the families
  Social emotion would be more mental health related

- **Staff Wellness:**
  AHA, Time Texas Challenge, Biggest Loser, Flu Clinic, PTO involved

- **Physical Education:**
  Giving PE info to share

- **Child Nutrition:**
  Food services got involved
  Getting feedback from the students

- **Mental Health:**
  Resource to parent, counselor, more accessible on District & Health Services webpage

- **Human Sexuality:**
  Elem - hygiene
  Middle school - only needs to attend 1 yr Lifeguard (opt in - need parent signature)
  High school - only needs to attend 1 yr Lifeguard (opt in - need parent signature)

4. **Sub Committees:** -Will sign up via the form in Google drive
   Nutrition
   Staff Wellness
   Parent & Community Engagement

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5. **Additional Topics to be covered this year**
   Character Education
   Parent Awareness
   Committees
   PTO
   Student Issues
   Bullying
   Cyber
   Field trip
   Book Screening
   Nutrition Wellness
   Healthy Food Choices
   Meal Ideas
   Mental Break
   Volunteers and Subs

6. **Adjournment**
   Meeting Ended 6:02