

Nocona ISD Student Health Advisory Council

Meeting Minutes

May 12, 2016

3:45 pm-4:45 pm

Members present:

Elsie Lacy

Karri Hackley

Cindra Gardner

Kim Cantwell

Melanie Hansard

- I. Reviewed last meeting on April 13, 2016.
- II. Discussed areas to focus on for the 2016-2017 school year.
  - A. Building character curriculum starting in elementary school with Character Counts provided by Texas Agrilife Extension or another source.
  - B. Discuss bringing “Measured by Character” to middle school and high school students. This program is dedicated to empowering and encouraging youth to recognize that their lives have purpose and meaning.
  - C. Revisit Aim for Success or another source as an abstinence program. Utilizing one of their programs that touch on other subjects as well such as social media dangers, violence in dating, and drinking and drugs and effects on good decision making.
  - D. Alcohol awareness – Utilize another program from “Watch Ur BAC” from Texas Agrilife Extension if a free program is available for the next school year.
  - E. Dental Hygiene – Utilize one of the dentists offices or state of Texas agencies for education and free materials.

- F. Puberty – P&G school programs for 5<sup>th</sup> grade lesson.
  - G. Employee health and wellness- continue laboratory screenings and flu shots.
  - H. Food and nutrition instruction and the proper way to fuel our bodies and appropriate exercise.
- III. Reconvene next school year.