

Nocona ISD Student Health Advisory Council

Meeting Minutes

April 13th, 2016

Members present:

Elsie Lacy

Cindra Gardner

Karri Hackley

Melanie Hansard

- I. Review and discussion of last meeting on January 27th, 2016.
- II. Alcohol awareness
 - A. When Sean Speaks presented their program to NHS with SHAC members Kim Cantwell, Corrie Holcomb, and Melanie Hansard present. Reviews and comments were all favorable about the impact and quality of the program and the need for more programs of this type were needed.
- III. Food and nutrition
 - A. Elsie Lacy presented sugar content in sodas and sports drinks to K-5th on February 19, 2016.
- IV. Health Education
 - A. 5th grade puberty lesson planned for May 25th. Materials received.
- V. Employee health and wellness
 - A. URHCS did lab screenings for employees and family members with a good turnout.
- VI. Discussed other programs or subjects that are relevant to students needs.
 - A. SHAC members visited “Measured by Character” website to learn about a free program presented by Wade White discussing with

students how to build character, self worth, and how to make a positive impact on others. Melanie Hansard spoke with Mr. White and both parties expressed interest in bringing his message to Nocona ISD. Middle school and high school student would benefit from this type of program.

VII. Last SHAC meeting of the year will be in May.