

# Nocona ISD Student Health Advisory Council

## Meeting Minutes

January 27, 2016

### Community members present:

Melissa Murphey

Nora Flores

Corrie Holcomb

Elsie Lacy

### Staff members present:

Cindra Gardner

Kim Cantwell

Karri Hackley

Melanie Hansard

- I. Review of last meeting on November 11, 2015.
- II. Alcohol awareness
  - A. When Sean Speaks in conjunction with Texas Agrilife Extension will be at the high school on Thursday, February 25<sup>th</sup> to speak to 9<sup>th</sup>-12<sup>th</sup> grades. Sean was a student at MSU in Wichita Falls when he made the decision to get in the car with a drunk driver. Sean and his mother tell his story and share how their lives have changed since that day. More information can be found at [whenseanspeaks.com](http://whenseanspeaks.com).

- III. Reports from counseling and guidance on topics covered and need for any additional information.
  - A. Kim Cantwell, MS counselor would like information on a sexual abuse program. How to prevent, signs of abuse, and how to get help if abused, to present to middle school.
  - B. Cindra Gardner has presented several social and health talks and dvd's to elementary school students during Friday lessons.
    - 1. Elsie Lacy will present sugar content in popular soft drinks and sports drinks to elementary on Friday, February 19, 2016 to K-5<sup>th</sup> grades.
- IV. Health Education
  - A. 5<sup>th</sup> grade puberty lesson ordered on December 1<sup>st</sup>.
  - B. 7<sup>th</sup> grade puberty information and free samples received from P&G school programs.
- V. Employee health and wellness
  - A. URHCS will be on site for lab services on Friday, February 26<sup>th</sup> at the elementary school library for any and all staff members and family that wants lab testing for \$20. Men may add a PSA for an additional \$25.
- VI. Discuss other programs or topics for the remainder of the school year.
  - A. Aim for Success revisited for abstinence information. Members will inquire on funding sources for the \$750 fee. Will discuss further at the next meeting.
- VII. Set next meeting date.
  - A. SHAC will meet next in March.