

Nocona ISD Student Health Advisory Council

Meeting Minutes

November 11, 2015

3:45pm- 4:45pm

Community members present:

Corrie Holcomb

Melissa Murphey

Justin Hansard

Staff members present:

Cindra Gardner

Kim Cantwell

Melanie Hansard

- I. Reviewed and discussed by-laws and mission/vision statement. No changes needed at this time.
- II. Reviewed last meeting of the 2014-2015 school year and goals met.
- III. Discussed topics of interest and need for specific programs for the 2015-2016 school year.
 - A. Family and community involvement
 1. Texas Agrilife Extension Better Living for Texans has been approved for free child safety seats to be given to families that meet qualifications set by that program. This would present an opportunity for community service for students to help with dispersal of seats and teaching proper use.

B. Nutrition Services

1. Elsie Lacy of Texas Agrilife Services to present sugar content in popular soft drinks and sports drinks for grades K-5 and discuss with Angela Graham for grades 7-8 Health class.
2. Use of my plate materials and portion sizes from Elsie Lacy to teach proper nutrition for grades K-5.

C. Health Education

1. Fitness gram testing in May for grades 3-12.
2. Dental program in February for National Dental Month for grades K-5.
3. Puberty lessons for 5th grade in May. Materials available for order December 1, 2015.

D. Social Concerns/Peer Pressure

1. Justin Hansard, Texas Agrilife Extension has been in contact with Weldon Floyd for social media dangers program. Mr. Floyd is not traveling for presentations this year but will give some other suggestions for resources and/or speakers to contact.
2. Melanie Hansard sent in a request for the free program presented through Texas Agrilife Extension for "When Sean Speaks" for junior high and high school. Sean and his mother travel the country telling of Sean's choice to get in the vehicle with a drunk driver in 2005 while a student at Midwestern State University.
3. Discussed bringing back an abstinence program this year and different options to explore.
4. Discussed options for speakers or presentation for 6th-12th grades on drug awareness and dangers.

E. Employee health and wellness

1. Flu shots were given to participating staff on October 15, 2015.
2. URHCS will come in February to provide laboratory screenings to all interested employees.

F. Next meeting set for January 13, 2015.