



SHAC Meeting Minutes  
Tuesday, November 12, 2019

Meeting began at 1:45.

Members present – Lori Kramer, Mandy Cernosek, Kim Birdwell, Jodi Arispe, Rena Fore, Robert Loomis, Sam Perry.

Members absent: Dawna Gage, Amy Kramer, Jesse Blackmon, Penny Berend

1. Reschedule Family Fitness Fest - Our new date will be Thursday, January 16. All members will contact their people. Planned advertisement include Parent Square, radio, and newspaper.
2. Recap anti-vaping program from 10/29 – Feedback from parents is the program was a good idea. SHAC agreed we need to continue sharing vaping information with students. Members unanimously agreed we need to set up an anti-vaping table at the Fitness Fest. The team discussed asking clubs at JH and GHS to sponsor a booth to discuss the various types of platforms students use to vape.
3. Mandy Cernosek – Smoker's lung presentation. Mandy put the smoker's lungs together to show us how they work. She discussed how the smokers lung continually gets harder to inflate as it tries to breathe. In comparison, a normal lung fills up with air and breathes with ease. Mandy also had displays models to show the dangers of dipping. NJHS will use these as well as smoker's mouth/teeth, etc. for our fitness night.
4. Discuss opportunity for parent information night sponsorship of Social Media Addiction and the Teenage Brain. The group discussed the possibility of bringing in a speaker to visit with our students and parents. The committee decided to continue discussion on this topic at a later meeting.

Meeting adjourned at 2:35.