

## **Hempstead ISD Student Health Advisory Committee**

### **Meeting Minutes**

**February 11, 2021**

**Meeting was called to order at 4:02 p.m.**

8 members were present:

**In-Person:** Debbie Scrogin (HES Nurse) and Kristie Toliver (HHS Para)

**Virtual:** Keri Houston (ECC Principal), Samantha Mullens (HES Principal), Eric Mullens (HHS Principal), Gwendolyn Stamps (HHS Nurse), Christy Nguyen (Food Services), and Joshua McLain (Public Relations)

#### **Old Business:**

CATCH program goals

Awareness Fair

Shattered Dreams

#### **New Business:**

**\*Update on CATCH program goals with the students:** Have completed 100 lunges and 100 star jumps. American Heart Association are taking on the students heart challenge. They will learn how important it is to have strong hearts by being physically active. In March they will start the GO, SLOW, and WHOA Unit where the students will learn what foods they need every day. Every week they will do an activity while at home.

**\*Update on Awareness Fair:** COVID-19 has been tabled. No Health Fair.

**\*Update on Shattered Dreams:** Video will be presented sometime in April for Juniors and Seniors. The video will also be virtual for remote students. Prom is undecided at this time.

Christy Nguyen explained that students and their families needing meals could contact Food Services for dietary needs. She will create a newsletter to go home to parents.

Did CPR for seniors. Nurse Scrogin and Joshua McLain did an outstanding job presenting. Stop the Bleed is complete and High School finished presentation video.

Introduced a new SHAC member Kristie Toliver.

**Next Meeting will be March 11, 2021 @ 4 p.m. All meetings will be held in-person at HES library or virtually.**

**Meeting was adjourned at 4:15 p.m.**

