

BLAND ISD
School Health Advisory Council Meeting (SHAC)
February 19, 2019

Present

Gracia, Rebecca	Jackson, Heath
Gray, Erin	Marsh, Diana
Gunnels, Megan	Morquecho

Introductions

- Introduction of those present
- Reading of SHAC Philosophy
- Reading of SHAC Mission Statement
- Explained why a SHAC committee is required (Title 2, Chap. 28, Sec 28.0004 of Texas Ed. Code)
- Explained what a School Health Advisory Council is composed of
- Benefits of SHAC

District Enrollment: Total: 729 (BES: 351 BMS: 169 BHS: 209)

Agenda: Guest Speaker

Danielle Girdano, President of *D'FINE—Sculpting & Nutrition*

Danielle is Certified Master Personal Trainer, who specializes in Childhood Obesity, Exercise for Persons with Diabetes, Postural Assessment & Corrective Exercises for abnormalities, Weight Loss, Strength and Endurance, Senior Fitness, Pregnancy & Postnatal Exercise, and Exercise Motivation & Psychology. Her individual credentials include, but are not limited to, Indoor Cycling and exercises that are target focused such as; Advanced Aqua Aerobics, Coronary Artery Disease, Peripheral Artery Disease, Alzheimer's Dementia, Arthritis, Osteoporosis, Exercise-Induced Asthma, Hypertension/Hypotension, and Circuit Training/Boot Camp.

In addition, her company provides individualized assessments and goal setting in areas such as: Diabetes and Nutrition, Functional Assessments for Older Adults, Physiology of Aging, Nutrition and Aging, Postural Assessment, Spinal Anatomy, Nutrition for Pregnancy, Adult Physiology, Adult Physical Fitness Assessments, and Cardiovascular Program Design. She is one of only 12 worldwide professionals that sit on the prestigious Personal Training Advisory Board for The Cooper Institute based in Dallas TX.

Through personal experiences and challenges as a morbidly obese adult that engaged in unhealthy lifestyle choices such as smoking and sedentary lifestyle, she made the life changing decision to reclaim her life. After losing over 200 lbs (non-surgically), Danielle has made it her lifelong goal to "help others achieve their fitness potential" (Girdano 2019).

Topic of Focus

HIGHWAY FOR HEALTH

CHILDHOOD OBESITY: SHAPING THE FUTURE

The mission of *Highway For Health* is to bring awareness to childhood and adult obesity through proper nutritional facts, fitness training programs and educational seminars on obesity, including the effects it has and ways to prevent it. Providing parents with the tools, resources, and knowledge to help their children live an active and fulfilling life; we can help stop the epidemic of childhood obesity in throughout the United States.

The *Highway For Health* Foundation is a nationwide effort to take back our children's future, bring quality of life back to the family unit and prevent premature health complications or death. Our goal is to raise awareness for and support the fight against Childhood and Adult Obesity. No parent, no matter location nor financial circumstance, wants to endanger the life of their child and promote a life of difficulty and health concerns. It is time to take charge and take back the health of our nation's youth (<https://www.daniellegirdano.com/highway-to-health-2019>).

During this session she addressed the following key points:

- Childhood obesity
 - “Little” bodies are not the same as “big” bodies, therefore nutrition and exercise should be individualized
 - Family commitment to focus on health and fitness
 - Make it fun and not a chore
 - Adopt it as a lifestyle and not a trend
 - Parents are made responsible of family lifestyle and made accountable to family health
 - Multidirectional exercise vs. specialized exercises that focus only on one concept
 - Translation b/w home and school
 - After school programs that include a “bridge” that attracts families
 - Start off with 1-2 days a week and build to progression
 - Discussed trend in height and weight of students (HIPPA enforced) and Danielle has offered to help identified families with cardiovascular health assessments. Upon the completion of the FITNESS Gram, further interventions will be initiated.
 - Goal for 2019-2020—Highway to Health “Fitness Fun Program”
 - Send out survey and inquire about what it is that motivates family to participate in after school activities
 - Identify barriers
 - Have a lead-off assembly to encourage students to come
 - Secure certified individuals to help with implementing activities that are appropriate.
- **Physical Education**
 - Fitness Gram is in progress and conducted through grades 3-12
 - **School Health Services**
 - Stop the Bleed Training (11 participants)—Feb 18, 2019
 - Intended to cultivate basic level efforts that encourage bystanders to become trained, equipped, and empowered to assist in emergency.
 - Training objectives included:
 - Determine if scene is safe
 - Identify any nearby tools to assist you such as a publicly placed bleeding control kit or everyday items that can be used to control bleeding
 - How to use your hands to apply direct pressure to control bleeding
 - How to pack a deep wound with cloth or gauze to control bleeding
 - Correctly apply a tourniquet to an injured limb to stop bleeding
 - Keep the victim calm until help arrives
 - **Nutrition Services**
 - Change of personnel—Micheal Creasy is no longer with the district. New Director is Randy Arrington. Currently working on district audit and is not able to attend.

- **Counseling and Social Services**
 - Continuation of Backpack meals (distributed every Friday)
- **Health School Environment**
 - District closed for 2 days (Jan. 24-25, 2019)
 - Due to high rate of absences related reports of flu, flu-related symptoms, and strep
 - Deep cleaning initiated and completed
 - Looking forward in possibly bringing in agency that will provide flu-shots to students with legal parameters observed.
 - This is a work in progress
- **School-Site Health Promotion for Staff**
 - Mobile Mammography –March 29th BES/BMS back parking lot
 - Flyers/Ad posted on website, Bland FB pages (ES, MS, PTO), and exterior doors
- **Family and Community Involvement**
 - Women In Need to present to students
 - Grades K-2 –It’s My Body
 - Grades 3-5—Anti-bullying

Open Discussion/Questions

Heath Jackson—presented an article titled: “Agility and Coordination Training in the pediatric Athlete” (Alferez, Valdez, Saavedra, Ruiz, Ayala, Arguelles, 2019).

Though the article addresses the athlete it highlights key components of basic developmental foundations such as gross/fine motor movement, cognitive development, hand-eye coordination, as well as balance. Setting a foundation on basic physical development and assessing the individualized ability of each child will allow a trainer to implement specific and age appropriate exercises. Sports have become very competitive at a very young age and we, as adults, must make sure that we advocate for an atmosphere of safety and progression. Although not everyone is an “athlete” or have an athletic mindset, it is vital that youth attain optimal age-appropriate physical development in regards to balance, spatial awareness, fine/gross motor skills, and hand-eye coordination.

BISD Educational Mission Statement

The mission of the District is to encourage and support the personal growth of its students in their development of attitudes, knowledge, and skills. The most important skills to be taught are how to think, how to learn, and how to act.

Next Meeting -----May 21, 2019 (BES/MS conference room)

Members are encouraged to invite others to join a SHAC meeting and explore ways to contribute to the health and wellness to the Bland ISD school community.