

December 15, 2015 SHAC Meeting

SHAC meeting began at 1:45p.m on December 15, 2015 in the school board room. Members present: Katelyn Booze, school nurse, Donna Gill, superintendent, Keri Dukes, PE Teacher, Jennifer Brown, Coach, Carolyn Windley, parent, and Josie Hudson, parent.

Katelyn opened the meeting with review of the 2015-2016 SHAC goals: Nutrition, Physical Activity and School based activities.

The recent cafeteria audit and final reports were discussed by Donna. There are opportunities for a possible vending machine that offers healthy meal and snack options.

Keri Dukes provided information on the FitnessGram that takes place annually during PE classes, along with the reports that are sent to the state at the end of each school year.

For the healthy initiative, a health fair was discussed in great detail. Carolyn suggested speaking with the clinic or hospital in Canadian to see if they would want to set up booths for home health and hospice, and provide hospital or even life-alert information. Katelyn verbalized that she would speak to Hemphill County Hospital HR and PR personnel to discuss booths.

Other ideas for the health fair:

- Provide games to attract the children
- Healthy snacks or meal
- Blood pressure, blood sugar checks (speak with clinic or hospital)
- Raffle
- Vision screening
- Blood drive
- Possible 5K run

A date for the health fair has not been set at this time, will discuss the dates in the next meeting in February.

Keri talked about field day. Josie discussed the option of having the 5K run on the same day as field day to have a better parent-child involvement. Then following field day, SHAC could have the health fair the evening of field day. Carolyn suggested that field day could include students in all grades, not just the elementary. Jennifer Brown spoke about having the older grades partnered with the younger grade and providing games that would allow all age groups to participate.

Keri also discussed how the volleyball teams raised \$302.00 and the money was donated to provide mastectomy pillows to women with breast cancer. The money was able to buy 300 pillows. Also, the PE classes are learning ball-handling drills to be performed during hoop-coming.

The next meeting scheduled for Feb 9 at 1:45pm in the board room.

Meeting closed at 2:35p.m.

