

**BRECKENRIDGE INDEPENDENT SCHOOL DISTRICT  
SHAC COMMITTEE MEETING  
2006-2007**

**MINUTES:**

**The Breckenridge Independent School District SHAC committee met on Thursday, March 22, 2007, at 4:00 P.M. in the High School Conference Room at 500 West Lindsey, Breckenridge, Texas.**

The following committee members were present at the meeting:

Linda Sims	Bryan Dieterich	Tyshawna Harris
Grant Atkinson	Carrie Martin	Shai Berry
Barbara Redman	Kody Knight	Andrew Channer
Deborah Mitchell	Leslie Gomez	Robin Heidelberg
Tonya McKenzie		

Those absent were as follows: Jamie Walker, Cassie Love

Minutes:

Mrs. Sims welcomed members and thanked them for their willingness to serve on the School Health Advisory Council.

Robin Heidelberg, the BISD Wellness Program Director, provided information about some of the health activities and events that are taking place in the district. Currently the BISD staff has been asked to take part in charting healthy activities for points. The participants have been offered incentives for most points earned. Robin told the committee that the focus this year has been to increase participation for this and other events.

In June 2005, House Bill 984 was passed. The purpose of this bill was to better address the needs of diabetic students within the district. According to nurse Tonya McKenzie RNs had to attend training along with three other people at each campus. They were trained on how to give injections and monitor blood sugar. The training included procedural steps on how to follow the care plan from the doctor of record.

Carrie Martin, School Nutritionist, gave an overview of the nutrition laws. She stated that her goals was to reduce snack foods to once a week, add more fruits, vegetable and turkey raps, reduce sugar intake and make sure that portions and nutritional analysis are correct. She stated that the lunchroom ladies were participating in an exercise program to model healthy behaviors.

BISD has chosen the CATCH program for the school health program in grades K-3. Barbara Redman, P.E. teacher at South Elementary, explained the components of the program. She stated that the Junior High would have to add the program in 2007-2008.

The meeting was adjourned after questions and comments from committee members.