

## BRECKENRIDGE INDEPENDENT SCHOOL DISTRICT

### SCHOOL HEALTH ADVISORY COMMITTEE

February 9, 2011

#### Minutes:

The Breckenridge Independent School District Student Health Advisory Committee met on Wednesday, February 9, 2011 at 4:00 p.m. in the Board Room of the School Administration Building, 212 North Miller, Breckenridge, Texas.

The following committee members were present: Linda Sims, Paula Chisholm, Efrain, Gonzales, Barbara Collingsworth, Pam Griffith, Mary Ann Olson, Kody Knight, and Teeny Pearce.

Those not present were as follows: Rob Durham, Shai Berry, Linda Colbert, Misty Hash, David Brownrigg, April Lechner, Cheyanne Gill, Nocona Perkins, Robin Heidelberg, and Sue Brown.

Call to order: 4:00 p.m.

**Welcome:** Paula Chisholm, President, welcomed all to the meeting.

#### **New Business:**

- **Healthy Heart Celebration Night:** Barbara Collingsworth reported on the final details regarding Healthy Heart Celebration Night on Thursday, February 10<sup>th</sup> from 6-8:00 p.m. L.T. Cook Gym and the Junior High Gym will host the event. The night will be filled with fun heart healthy events and food.
- **Coordinated School Health Leadership Team:** Susan Graham from Region 14 will continue to be in contact with Linda Sims concerning our participation with Clyde on implementing numerous health components.

#### **Old Business and Reports:**

- **Physical Education Assessments:** Barbara Collingsworth reported that the Physical Education Assessments will be completed before Spring Break. Coach Guy will coordinate the secondary level. The various assessments will be printed on colored coded cards. The information will be submitted to TEA by the first of May.
- **BISD Employee Wellness Program:** Robin Heidelberg submitted the following report: The BISD offers an annual employee wellness program through local staff members and Edwards Risk Management Team out of Marble Falls, Texas. A program is offered both

in the Fall and Spring of each school year in which employees are encouraged to participate by improving their lifestyles through healthier habits like physical exercise, stress management techniques, safety measures to follow, nutrition education, etc. Incentives are offered through various “prizes” provided by ERM to all participating employees to increase participation. The idea behind the few short weeks of each program is to slowly incorporate Healthy Habits into employees in the hopes that they will both see and “feel” the benefits of healthy choices and choose to continue these choices year-round and see that daily choices become Habits. Our over-all district goal for our Healthy U/Safe U Employee Program is to improve the quality of life of all employees by encouraging and promoting a healthier lifestyle.

**Question and Committee Comments:**

- **Fill the Bus Project:** Efrain Gonzales explained that Fill the Bus project is to provide school supplies for all BISD students. Discussion of the project included forming a committee, publicity, involvement of various civic organizations/individuals, monetary donations, and a time-line for executing the project.
- **Back Pack Program:** Paula Chisholm reported that 55-60 back packs were being supplied with food, two pieces of fresh fruit, and a story booklet. A one-time per semester addition will be a bag of toiletries placed in the back packs at Spring Break. Students are very excited to get their back pack each week.

Adjournment: 4:45 p.m. Teeny Pearce SHACK Secretary