

BRECKENRIDGE INDEPENDENT SCHOOL DISTRICT
STUDENT HEALTH ADVISORY COMMITTEE
2010-2011

MINUTES:

The Breckenridge Independent School District Student Health Advisory Committee met on Wednesday, October 27, 2010, 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	Cheyanna Gill	Paula Chisholm
Teeny Pearce	Sue Brown	Tiffany Lewis
Barbara Collinsworth	Mary Ann Olsen	Lisa Brownrigg

Those not present were as follows: Kody Knight; April Lechner; Rob Durham Shai Berry; Efrain Gonzalez; Pam Griffith; Linda Colbert; Misty Hash; Robin Heidelberg; David Brownrigg

Call to Order: 4:00 p.m.

Welcome: Linda Sims, District SHAC Coordinator, welcomed all to the first meeting of the 2010-2011 School Health Advisory Committee meeting. There were several new members added to the SHAC committee. The first order of business was to have all members introduce themselves.

SHAC Training: The committee viewed a power point on the requirements for a district concerning the School Health Advisory Council and the role and responsibilities of the SHAC committee. The presentation also explained the history and statutes guiding the SHAC as well as how the statutes are referenced in local policy.

American Heart Association: Sharon Rhea from the American Heart Association made a presentation to the committee. February being “Heart Month”, the AHA is promoting a new program that involves adult wellness. They have and continue to work with schools on the Jump Rope for Heart campaign; however, this would involve educating teachers and possibility the parents and community in raising awareness of heart health issues and their risk. Mrs. Rhea told of about three programs. They are...

“**Go Red Heart Check Up**” – A survey that evaluates the participant’s risk of heart problems. They will have access to tools and information concerning actions that will help the participant to take proper steps to improve their health and reduce the risk for severe health issues.

“My Life Check” – Participants will complete a survey. The data is used to score risk factors. The participant will receive healthy recipes and other information specific to the individual’s needs to get them on track to a healthier life style.

“Start Walking Program” – This program encourages people/groups to organizing walking projects that could involve the school personnel or entire communities. Movement and exercise are important in reducing obesity as well as other health issues. Walking is one exercise in which most people can participate. Organizing walking teams keeps everyone motivated to continue and be successful.

Mrs. Rhea suggested our SHAC committee, as have other SHAC’s, sponsor one of the three programs either at the school or at the community level. The committee was very interested in this cause and discussed the possibility of making February the kick-off date. Because there were so many committee members not in attendance, it was decided that the issue should be discussed at the next SHAC meeting. A recommendation to the Board of Trustees will need to be the next step if the decision is made to pursue this project.

Election of Officers: New officers were elected and they are as follows:

Chairman	Paula Chisholm
Co-Chair	Cheyanna Gill
Secretary	Teeny Pearce
Reporter	Rob Durham
District Coordinator	Linda Sims

Mrs. Chisholm assumed office and chaired the rest of the meeting.

Backpack Report: Paula Chisholm reported to the committee that the backpack program was going well. Fifty-four students are currently being served though we are allowed ninety. The hope is that we will add students throughout the year. The Nazarene Church donated backpacks for the kids to use this year. Backpacks used last year were in very poor condition and unable to be used again for a second year. The church used its Mission Fund to help purchase the backpacks. Other donations have been received from the Methodist Church and the First Christian Church. Our program has been approved for adding fresh fruit to the backpacks this year. Some of the donated funds may be used to purchase fresh fruit as well as pay for the gas for Mr. Gonzalez to travel to Abilene to pick up the food. The committee also discussed adding hygiene items to the backpacks. We will be looking at that possibility for the kids.

SHAC Coordinator Meeting Report: Mrs. Sims attended the SHAC Coordinator’s Meeting at Region 14 on October 12. Most of the districts in the region were present. This meeting is a great time to network with other groups and share ideas. Mrs. Sims brought a list of projects in which other districts have been involved. She reported that the BISD SHAC is always in high regard and set as the premier group. It has been in the spotlight at these regional committee meetings year after year.

Project 2010-2011: The committee members present were excited about the possibilities for a new project for this year. The backpack program is on-going and the committee will be looking at other projects for 2010-2011. Because a majority was not present, this item was tabled until the next meeting.

School Nutrition: Sue Brown brought the nutrition report stating that everything was moving along. There were not any changes to be reported at this time. She did say that Thanksgiving meals had been set for each of the campuses. Mrs. Brown and her staff are preparing for this November event.

Closing: At the end of the meeting everyone present was excited about the year and about the SHAC. The possibilities were discussed and everyone is looking forward to adopting a project to for 2010-2011. Of all the working committees, the SHAC is and will continue to be successful. The membership is made up of motivated people who have student needs as their focus.

Adjournment:

Linda Sims
Director of Curriculum and Instruction
SHAC Coordinator