

## STUDENT HEALTH ADVISORY MEETING AGENDA

February 2, 2022

5:00

- I. Welcome
- II. What is SHAC?
- III. Election/Discussion of officers for 2021-2022
  - a. Recruiting New Members
- IV. Old Business
  - a. Public activities 2021-2022
    1. Health Fair – postponed
  - b. Revised Wellness Policy
- V. Next meeting date and time
- VI. Adjourn

## ALPINE ISD SHAC MINUTES – FEBRUARY 2, 2022

The meeting was called to order at approximately 5:00 p.m. in the AMS Library. Those in attendance were:

Gayla Owen – AISD Nurse	Amy Struthers – Parent	Andrea Sanchez – AMS Staff
Lynn Crim – AMS Staff	Judith Pardo – AMS Principal	Allison Vidal - Parent
Tracy Perdue – AMS Staff	Angie Ruiz – Parent	

Ms. Owen welcomed and thanked those present for attending the meeting. Ms. Owen introduced the AISD Vision/Mission/Goals, a copy was given to everyone present. Ms. Owen went over it briefly and asked everyone to review before the next meeting.

The components of the SHAC were discussed; health education, nutrition, mental health education, CPR for the senior class, fitness gram, which is already in place, the puberty, health and hygiene as well as sex education discussion.

Ms. Owen discussed recruiting new members in efforts to build the group and have a successful committee. She went over the rules for election and the procedure for electing officers.

Ms. Owen discussed previous year activities such as a successful health fair and a diabetes camp for the district's diabetics and students that were positive for acanthosis.

Ms. Owen invited discussion on community activities. Informed all that a health fair had been scheduled for January 17, 2022 but was cancelled due to increase cases in Covid. Mrs. Pardo suggested starting a recycling program. Andrea Sanchez stated that she would call TDS who could possibly donate the recycling bins. Amy Struthers asked if this would just be paper and Mrs. Pardo suggested that we recycle paper and plastic and that we would have to orientate the students on how the system works. She also stated that we could use the library as one of the recycling areas. Amy instructed the group on recycling of markers, sharpies and highlighters. Stated she had done this previously. Amy informed group that Sul Ross just started a walking trail and suggested partnering up with Sul Ross to have walking groups. Mrs. Ruiz stated that she had once been part of a mileage club and it was very successful and thought this might be a good group to start with the community. Mrs. Pardo stated that TDHS had donated podometers to the school at one time and wondered if they might be able to donate those again. Other items suggested were to have a 5K, a breast walk to bring awareness and possibly bring back the school's relay for life and a grooming or hygiene class and Jump Rope for heart. Ms. Owen informed the group that the elementary school currently does the jump rope for heart program with the students there. She also stated that she gives a hygiene class to the 3<sup>rd</sup> and 4<sup>th</sup> grade classes as well as the 5<sup>th</sup> and 6<sup>th</sup> graders. Allison Vidal suggesting collecting hotel size soap, shampoo, and soap to donate to the crisis center.

The group discussed having the recycle bins at the Spring Festival that is being held at AMS on March 2, 2022. Ms. Owen will get a presentation together for this booth.

Ms. Owen stated that a remind would be sent out for the next SHAC meeting inviting parents. Requested that administration keep anyone in mind that would be a good fit for the committee and that we would reach out to those people.

The next SHAC meeting was scheduled for March 9, 2022 at 5:00 p.m. at the AMS Library.

The meeting was adjourned at approximately 5:30 p.m.

A School Health Advisory Council (SHAC) is a group appointed by the school district to serve at the district level. Members of the SHAC come from different areas of the community and from the school district. Texas law (Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004) requires the establishment of a SHAC for every school district. SHACs are required to meet at least four times each year.

SHACs assist the districts in ensuring that local community values are reflected in health education instruction. Additionally, SHACs play an important role in strengthening the connection between health and learning. They can help parents and community stakeholders reinforce the knowledge and skills children need to stay healthy for a lifetime. - *Texas Department of State Health Services*



## **ALPINE INDEPENDENT SCHOOL DISTRICT STUDENT HEALTH ADVISORY COMMITTEE**

Children and youth who begin each day as healthy individuals can learn more effectively and are more likely to complete their formal education. Responsibility for the physical, emotional, social, mental, and intellectual health of our youth belongs to their families and the entire community. Effective coordinated school health programs can contribute to helping young people avoid health risks by increasing their skills to make responsible choice about behaviors that can affect their health.

The Alpine Independent School District is establishing an advisory council meeting to advise the school board and assist the district in ensuring that local community values are reflected in the district's health education plan. The advisory council will advise and support the school's efforts to assess their needs and to design programs to help children develop the knowledge, skills, and attitudes they need to become healthy, productive citizens.

As someone interested in the welfare of our children, you are invited to join the district's advisory council meeting. The advisory council will include parents, students, teachers, school administrators, voluntary organizations, business representatives, health professionals, and other interested, concerned citizens.

We hope that you can attend an organizational meeting on Wednesday, February 2, 2022 at 5:00 p.m. at the Alpine Middle School Library to consider ways for addressing the health needs of our community's youth. Please feel free to call me at (432) 837-7710, ext 204 to discuss participation and answer any questions you may have. We look forward to working with you to promote better health among our district's students.

Sincerely,

Gayla Owen, LVN  
AISD District Nurse