

**West Independent School District  
School Health Advisory Committee  
February 17, 2010 4:00 P.M. West ISD Administration Building**

The West Independent School Health Advisory Committee met February 17, 2010 at 4:00 PM in the West ISD Administration Building.

Dr. Jan Hungate, West ISD Assistant Superintendent and SHAC Chairperson, thanked all members for their willingness to serve on the SHAC and for attending the meeting. She called the meeting to order. Attending the meeting were Vanessa Davis, parent; Melissa Sefcik, parent; Lisa Schiller, parent; and Michele Scott, West Intermediate School principal. (Sign in sheet is attached to minutes).

Vanessa Davis made a motion to accept the minutes from the last meeting as presented, seconded by Melissa Sefcik. All members voted for the motion.

The first agenda item was to select a parent co-chair for the SHAC. Dr. Hungate explained compliance with a newly implemented state law for this requirement. Volunteers were solicited and Mrs. Cindy Knappek was nominated to fill this position. Melissa Sefcik made the motion that Cindy be appointed to this position, seconded by Vanessa Davis. All members voted for the motion.

Dr. Hungate gave a brief summary of updates in the area of school health by using a Power Point handout which was created as a project of the Texas School Health Advisory Council for SHACs to use for the required annual presentation to district school boards. The history and purposes of SHAC, Coordinated School Health components, and the National Health Education Standards were reviewed. All new laws concerning school health, SHACs, and nutrition passed in the recent legislative session were summarized. FitnessGram data, including state and local results were presented and discussed, noting that West ISD students did very well on the past year's assessment. Useful websites were also shared.

The SHAC then discussed a resolution for recommending that high school health continue to be a recommended course for all students in West ISD either as a high school credit in middle school or at the high school level. Michele Scott made the motion to accept the resolution as written, and Vanessa Davis seconded the motion. All members voted for the motion. The resolution and recommendations will be presented to the West ISD Board of Trustees at the March meeting.

The next item of business was to refine the annual plan for projects which was started at the last meeting of 2008-2009 school year. Proposed projects were discussed and members prioritized the projects by considering the timing, feasibility or ability to do, and the impact the projects would have on the district students and staff. Projects discussed were CPR and Heimlich maneuver training for students, healthy recipe contest, H1N1 Clinic, parent nutrition workshop, cafeteria "open house" to educate parents about healthy food prep and choices, helping with summer immunization clinic, developing a SHAC webpage and a SHAC health newsletter and working with concession sponsors for healthy options at sporting events. This plan will be further discussed at the next meeting including an implementation timeline.

The meeting was adjourned at 5:00 p.m.