

**West Independent School District
School Health Advisory Committee
May 13, 2008 3:45 P.M. West ISD Administration Building**

The West Independent School Health Advisory Committee met May 13, 2008 at 3:45 PM in the West ISD Administration Building.

Dr. Jan Hungate, West ISD Assistant Superintendent and SHAC Chairperson thanked all members and for attending the meeting. She called the meeting to order, introduced herself and Dr. Rob Hart, West ISD Superintendent, and asked members to introduce themselves. Attending the meeting were Yvonne Reddell, parent; Melissa Sefcik, parent; JoAnn Brem, parent; Vanessa Davis, parent; Cindy Knapek, parent; Grady Fulbright, West Middle School Principal; John Knutson, West Elementary School PE teacher. Not present were Missy Cammack, parent; Betty Johnson, West Middle and High School Nurse and Melissa Huffines, West Middle School PE teacher (sign in sheet is attached to minutes).

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

The first agenda item was to briefly review the purpose of the SHAC. Dr. Hungate referred to handouts from the last meeting in member notebooks, including West School Board Policy describing the duties of a school SHAC.

Dr. Hungate gave a brief summary of Senate Bill 530 including the section of the bill which requires local district SHACs to review and consider existing research on the value of recess and to make recommendations to the District regarding elementary recess for elementary school students in grades PreK-5th grade.

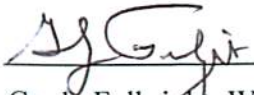
The SHAC reviewed research concerning unstructured and undirected play, academic and social development, and the health benefits of daily recess. Documents provided by the Texas School Health Advisory Council were used in this review. The school health advisory council also considered local community values as they discussed recommendations to be made by the council. A draft resolution was presented to the SHAC and several items were discussed and revisions were made. The council discussed the use of recess as a reward or punishment and agreed that recess should be viewed necessary educational support component for all children. The council also agreed that ideally, recess should be scheduled every day.

Cindy Knapek made a motion to accept the resolution (attached to the minutes) with the additions and corrections agreed upon by the committee. Grady Fulbright seconded the motion. The motion passed with all members voting for adoption of the resolution. Members of the Council were asked to attend the next board meeting to present the resolution to the West ISD School Board. Cindy Knapek and Grady Fulbright agreed to make the presentation.

The next topic on the agenda was the discussion of the new steroid testing initiative in Texas schools. Dr. Hart made a presentation to the council on this new law. All student athletes in the 9th-12th grades at UIL member high schools are subject to UIL statewide testing. Selection of student athletes will be based on a random selection process.

Finally, parent members of the council were asked to remain on the committee for the 2008-2009 school year; teacher, principal, and nurse assignments will rotate annually. If parent members decline the invitation to return to the committee, they were asked to contact Dr. Hungate. The meeting was adjourned at 5:00 p.m.

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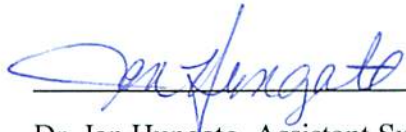
Grady Fulbright, WMS Principal

Melissa Huffhines, WMS Teacher/Coach



Yvonne Reddell, Parent

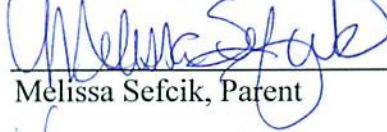
Missy Cammack, Parent



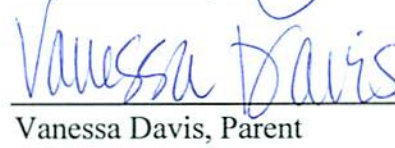
Dr. Jan Hungate, Assistant Superintendent

Betty Johnson, WMS-WHS Nurse

Linda Urban, Parent



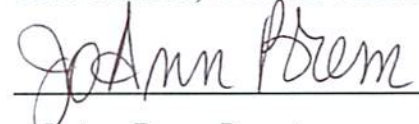
Melissa Sefcik, Parent



Vanessa Davis, Parent



John Knutson, WES PE Teacher



JoAnn Brem, Parent



Cindy Knapok, Parent



Dr. Rob Hart, Superintendent