

**West Independent School District
School Health Advisory Committee
May 4, 2009 4:00 P.M. West ISD Administration Building**

The West Independent School Health Advisory Committee met May 4, 2009 at 4:00 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. Marty Crawford, West ISD Superintendent, and asked members to introduce themselves. Attending the meeting were Yvonne Reddell, parent; Missy Cammack, parent; JoAnn Brem, parent; Vanessa Davis, parent; Cindy Knapek, parent; Linda Urban, parent; Ida Wines, West Intermediate School teacher; and Diane Griffin, Intermediate and Middle School Nurse. Not attending were Rob Fleming, Elementary School Principal; Melissa Sefcik, parent; and Melissa Huffines, Middle School PE teacher. (Sign in sheet is attached to minutes).

Cindy Knapek made a motion to accept the minutes from the last meeting as presented, seconded by JoAnn Brem. All members voted for the motion.

The first agenda item was to briefly review the purpose of the SHAC. Dr. Hungate referred to handouts in member notebooks from the last meeting including *Benefits of a School Health Council* and *The Eight Components of School Health*.

Dr. Hungate gave a brief summary of key facts and the most recent updates on Swine Flu (H1N1) in the state and in McLennan County. No cases have been confirmed in West ISD or McLennan County at this date. The Shattered Dreams project at West High School on April 3 was discussed, accompanied by a slide presentation of pictures taken at the scene of the mock accident and the mock memorial service and assembly. Results of a student survey taken by middle and high school students were also reviewed. FitnessGram data for West ISD from the 07-08 school year was presented and discussed and compared to state data. Data was also shared from the Texas Youth Fitness Study. The SHAC was pleased to learn that the majority of West ISD students assessed are in the healthy fitness zone. West Intermediate 4th graders were included in the SPAN survey this year (School Physical Activity and Nutrition Survey). Results were presented to the SHAC.

The SHAC then discussed the plan for the proposed revisions to the State High School Graduation Plan which suggests that fine arts, technology and PE become electives in the high school program. Whether or not the local school board can keep these courses as requirements remains unclear at this time. Dr. Hungate, who serves on the TSHAC, gave a report from the Texas School Health Advisory Committee. She reviewed the Proposed School Health Model, Recommendations for the Improvement of the Coordinated School Health Program and shared resources for students and families dealing with the economic crises and child health related websites.

A discussion followed concerning the West Middle School athletic program and members requested that a report be made at the next SHAC meeting concerning organization of this program.

Finally, the SHAC members discussed a plan where half of the members of the committee would rotate off for the following year with specifics to follow. A summer planning meeting will be held with a date and location TBD. The meeting was adjourned at 5:15 p.m.