

**West Independent School District  
School Health Advisory Committee  
September 29, 2009 3:30 P.M. West ISD Administration Building**

The West Independent School Health Advisory Committee met September 29, 2009 at 3:30 P.M. in the West ISD Administration Building for the last meeting of the 2008-2009 school year.

Dr. Jan Hungate, West ISD Assistant Superintendent and SHAC Chairperson thanked all members for attending the meeting and called the meeting to order. Attending the meeting were Yvonne Reddell, parent; JoAnn Brem, parent; Vanessa Davis, parent; Melissa Sefcik, parent; Cindy Knappek, parent; Ida Wines, West Intermediate School teacher; Diane Griffin, Intermediate/Middle School Nurse and Rob Fleming, Elementary School Principal. Also attending were Dr. Marty Crawford Superintendent and Mr. Alfred Walker, Walker Quality Services. Not attending were Linda Urban, parent; Missy Cammack, parent and Melissa Huffines, Middle School PE teacher. (Sign in sheet is attached to minutes).

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

The first agenda item was to briefly review legislative updates from the recent 81<sup>st</sup> Legislative Session. Laws were passed concerning SHACs such as a requirement to meet 4 times per year, have a parent as co-chair and to present an annual report to the board. Other laws involved Coordinated School Health, Physical Activity, and PE and Health Education. The new high school graduation requirements for the recommended high school diploma were discussed, and members were informed that the PE credits had been reduced from 1.5 to 1 and that health is no longer a requirement for this plan, but will be an elective.

Dr. Hungate gave a brief report on the absences of students with flu like symptoms and H1N1 confirmations. The district has been in close contact with the McLennan County Health Department on this issue.

Mr. Alfred Walker then gave the council an update on recent upgrades to the Child Nutrition program in West ISD. Mr. Walker is a consultant that is helping the district improve cafeteria services in the areas of healthy choices and more variety and more choices for West students. He shared with the group information and resources from the Action for Healthy Kids (<http://www.actionforhealthykids.org>) and information from the School Nutrition Association. Members of the committee reported positive responses from their own children to the changes that had been made in the food service program at all campuses in the district.

As requested at the last meeting, Dr. Marty Crawford reported on the middle school athletic program noting positive changes enabling more students to participate. The committee reported that they had received positive input on the reorganization efforts.

The next item of business was to discuss the composition of the SHAC for the 2009-2010 school year. Dr. Hungate suggested that the committee be expanded to include an advisory subcommittee of former members who would attend meetings, not as voting members, but to act in an advisory capacity. Two members volunteered to rotate to this subcommittee giving new parents an opportunity to participate. A third member will be rotated to this subcommittee as well, leaving three openings. A list was compiled of names of possible new members from which new volunteers will be solicited.

The last part of the meeting was a planning session for the new school year. Dr. Hungate explained the method that would be used to generate ideas for future goals and activities and the members worked individually, then in pairs, then in groups of four before coming back to the group as a whole to present ideas. The goal of the SHAC is to become more visible and to be an active group in the promotion of children's health. A draft work plan will be presented to the Council at the first meeting of the new school year.

The meeting was adjourned at 5:30 P.M.