

MINUTES

BARBERS HILL ISD SCHOOL HEALTH ADVISORY COUNCIL

Date/Time: 11/5/2018 7:02 PM | *Meeting called to order by* Colleen Goundrey

In Attendance

Colleen Goundrey, Co-Chair; Amy Meuth, Co-Chair; Chelsea Clynes, Secretary; Dr. Anthony Garbs; Jennifer Hemstad; Patricia Maberry; David Matthews; Ashley Shibley; Hope Novosad; Lesley Gershmel; Terri Monteith; Denise Patton; Teeya Thornton; Lori Franklin-McCoy (guest speaker)

Approval of Minutes

No minutes, 1st meeting of the 2018-2019 school year.

Introduction of Members

Colleen introduced Amy Meuth and herself as the co-chairs for the School Health Advisory Council (SHAC). She then opened the floor for introductions for members that were present.

Discussion of Terms

Colleen went over the process of selecting members and terms for SHAC. Each member is to submit an application and the applicants are given to the BHISD School Board for approval and term limits.

Overview of SHAC

Colleen provided an overview of the SHAC policy and guideline that was given to each member present. She went over why we have a SHAC, what the role of SHAC is, and who the SHAC council is made up of.

Review of By-Laws

Colleen ran through the main points of the BHISD SHAC By-Laws. Our purpose was discussed including our Motto and Mission. Membership was discussed and it was noted that anyone not able to fulfill their term would need to submit in writing to the Chairman. We will meet a minimum of 4 times during the school year. There will be offices appointed. Colleen Goundrey and Amy Meuth were appointed co-chairpersons, and Chelsea Clynes was appointed the recording secretary for the 2018-2019 school year. Committee were discussed, as well as, voting procedures.

HB 1018

Colleen went over House Bill 1018 and the responsibility SHAC has in establishing a physical activity and fitness planning subcommittee to consider issues relating to students physical activity and fitness and make policy recommendations to increase physical activity and improve fitness among students.

The question was asked if health was a requirement in high school as of now. The answer was no.

It was discussed that our subcommittee this year will be Physical Activity and Fitness Planning. Last year we focused on nutrition, we need to decide what this year's focus will be.

Our other subcommittee/project will be the Community Health Fair.

Subcommittee

Physical Activity and Fitness Planning

Chelsea Clynes
Colleen Goundrey
Amy Meuth
Denise Patton
Terri Monteith
Lesley Gershmel
Jennifer Hemstad
Teeya Thornton

Community-Wide Health Fair

Chelsea Clynes
Colleen Goundrey
Hope Novosad
Patricia Maberry
Teeya Thornton
Jennifer Hemstad
Dr. Anthony Garbs
Ashley Shibley

Projects

This year's project will be the Community Wide Health Fair. This is the fifth year to have it and discussion was had regarding theme and to keep it the Cinco de Safety like last year. The tentative date will be May 4, 2019.

Speaker: Lori Franklin-McCoy

Lori Franklin-McCoy joined us to discuss the consideration of proposing changes to the district's six-education class (Aim for Success). As a parent in the community she feels that the current program focuses on "misinformation." Currently, the program only discusses sex education with the 6th and 7th grades and the focus in her opinion is on abstinence and not enough on other topics like safe-sex, STD, and consequences of having intercourse.

It was clarified by Amy Meuth and Colleen Goundrey that the 5th grade class currently does attend the Body Changes talk.

It was also clarified that the state has made it to where health is no longer mandatory class for students.

Ms. Franklin-McCoy did state that she has broached this topic at a previous school board meeting in June 2018, and Dr. Poole suggested she come and speak with us. She provided the SHAC with several articles regarding other schools and their issues with Abstinence-Only programs.

Dr. Garbs and David Matthews asked if the district had any stats to show the success of the Aim for Success program. Colleen Goundrey said we did not.

It was discussed that we look at smaller group settings and also the need for something more progressive through the upper levels. The committee decided to table this for discussion at our next meeting.

Open Discussion and Questions

Colleen discussed what was going on with employee wellness. Flue shots had been given and they were in the middle of staff health screen in partnership with West Chambers Medical Center.

Colleen also touched on the Maintain No Gain 8-week program that was going to start the week of Thanksgiving and continue through Christmas break. As well as a current Pilates class that was being offered to employees through Eagle Pointe Recreation Center.

Hope asked about Camp Gladiator being offered.

Next Meeting

January 14, 2019

March 18, 2019

May 6, 2019

Meeting adjourned at 8:35 PM | Respectfully submitted by Chelsea Clynes