

School Health Advisory Council

November 16, 2015

The meeting was called to order at 4:15 p.m.

In attendance were: Monette Bright, Noah Earley, Pam Pailes, Joseph Reyes, Natalie Barganski, Jacque Bonds, Rachelle Cintron, Stephanie Womack, Nikol Youngberg, Irene Reyes, Bill Robinson, Leslie Espinosa, Karleen Pape, Amy Seeds, Sister Mary Matires, Edgar Van Geem, Jeri Fletcher, Linda Barganski, Cheryl Cannon, Mary Pawelek, Katelijne Acker, Bryant Gray & Sandra Martinez & Mary Welch

The welcome was given by Cheryl Cannon.

Motion was made by Joseph Reyes and seconded by Pam Pailes to approve last meetings' minutes. Motion passed.

Presentations were given as follows:

1. A presentation was given by Maddie Robertson from the YWCA/YWTeen Program. The YWTeen Program assists girls in the fifth and sixth grades in the development of healthy lifestyles so they can achieve their full potential as productive, self-sufficient adults. By connecting with young girls before they are faced with difficult decisions, they can be put on the right track to success in and out of school. Girls are led by trained group leaders and they meet one a week using the Girls Circle curriculum which focuses on character building. They also offer year-round special events and Leadership Camps at the YWCA to young ladies participating in the program. For students on free or reduced lunch, the Leadership Camps are free. For all other students the camp cost is \$110.00. There are scholarships available. Transportation is not provided to or from the camps.
2. Lally Carbajal presented the program Fuel Up to Play 60. Fuel Up to Play 60 is sponsored by Dairy Max and is in partnership with the NFL and the National Dairy Council. Fuel Up to Play 60 began in 2009 and is the nation's leading in-school wellness program that teaches students healthy eating habits and encourages 60 minutes of physical activity every day. The program can be started anytime during the school year. The district would need to join and recruit program advisors. The advisors form student teams of 12 and have a kick-off. The advisor and students organize plays, complete challenges and report participation on the online dashboard. After completion of the program, the program advisor receives a \$100.00 gift card and the students receive a free T-Shirt.
3. Cheryl Cannon reported that the state is upgrading to a new Fitnessgram but it has not been released yet. The program will be streamlined and the data will go directly to the state. P.E. teachers will continue with the current Fitnessgram until the new one is released. Terry Norris is the technology contact for P.E. teachers.

4. Cheryl Cannon spoke about forming the Fitness Subcommittee. She suggested that all P.E. teachers and nutrition representatives meet on 2 of the early release dates.

#### Old Business

1. When the Chosen presentation was made last year, the committee said they needed more information before making a decision. Chosen is a program dealing with human trafficking. Mrs. Cannon asked the Jr. High and High School representatives, Molly Nichols and Pam Pailes, to review the film and additional information and report their findings to SHAC. Pam Pailes reported that she watched the video and found it to be age appropriate for Jr. High and High School students. The two young women on the video tell of their experiences and there is discussion questionnaire for the leader and students to complete after seeing the video. Mrs. Pailes believes this is something that all Jr. High and High School students should be aware of. TEA now requires staff training on Human Trafficking.

Ballots were passed out to vote on the three presentations. Emails will be sent to the committee regarding the results.

A motion was made by Joseph Reyes to adjourn the meeting and the motion was seconded by Irene Reyes. Motion passed.

The next meeting will be held on January 25, 2016.

The meeting was adjourned at 5:30 p.m.