

School Health Advisory Council
January 25, 2016

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

In attendance were: Monette Bright, Molly Nichols, Laureen Pedrotti, Joseph Reyes, Tiffany Spencer, Natalie Barganski, Jacque Bonds, Stephanie Womack, Nikol Youngberg, Irene Reyes, Bill Robinson, Amy Updgraff, Karleen Pape, Amy Seeds, Sister Mary Matires, Edgar Van Geem, Jeri Fletcher, Gina Valdez, Linda Barganski, Cheryl Cannon, Mary Pawelek, Bryant Gray & Mary Welch

The welcome was given by Cheryl Cannon.

Motion was made by Bill Robinson and seconded by Molly Nichols to approve last meetings' minutes. Motion passed.

Presentations were given as follows:

1. A presentation was given by Anne Veetch of Alanon/Alateen. She focused on the Alateen portion of the program since it targets teens from 12 – 19 years of age. Alateen was created to help teens who have parents or loved ones with any type of addiction. They learn coping skills as well as strength and hope by sharing their experience with other teens in the same predicament. Adult supervisors conduct the meetings. The supervisors are required to have a background check and must receive certification that has to be renewed yearly. Parents are not allowed in the meetings. Alateen meets on Monday nights from 7:00 – 8:00 p.m. at South Shore Christian Church Room #1 at 4710 Alameda and on Wednesday nights from 6:30 – 7:30 p.m. at St. Peter's by the Sea Church Youth Clubhouse at 1541 Waldron Rd. Flyers will be passed out to nurses, counselors, coaches and teachers and will be displayed in the hallways of the school.
2. Jeri Fletcher, the school nutrition coordinator for FBISD, presented the Local Wellness Policy. This policy is mandated by the state and must be reviewed by the School Health Advisory Council every three years. The Local Wellness Policy focuses on policy implementation, monitoring, accountability and community engagement as well as student nutrition, physical activity and other activities that promote student wellness.
3. Bryant Gray presented the abstinence curriculum, Choosing the Best, which promotes a positive approach to sexual abstinence that is used by the school district. Choosing the Best Way is taught in 6th grade, Choosing the Best Path is taught in 7th grade, Choosing the Best Life is taught in 8th grade and Choosing the Best Journey, which is a review of all the previous three, is taught in 9th grade. These classes are taught during Health class. Students must have parent permission to participate and parents are encouraged to talk to their students during this series and to participate in the classes if they would like.

4. Cheryl Cannon reported that there will be a Fitness Subcommittee Meeting on April 15, 2016.

Old Business

1. The Fitness Subcommittee met on January 4, 2016.
2. The YWCA/YWTeen Program was approved for the Intermediate campus.
3. Fuel Up to Play 60 was approved and is being implemented at ECC, Intermediate and High School.
4. Chosen was approved for Jr. High and High School students with parent permission.

Ballots were passed out to vote on Alanon/Alateen. Results will be emailed to the committee.

A motion to adjourn the meeting was made by Molly Nichols and seconded by Joseph Reyes. The motion passed.

The last meeting for the 2015-2016 school year will be on March 28, 2016.

The meeting was adjourned at 5:20 p.m.