

Beeville ISD School Health Advisory Council

Meeting Minutes 11/3/11

The Beeville ISD School Health Advisory Council (SHAC) met on Thursday, November 3, 2011 in the BISD administration building. Those in attendance were CeCe Salazar, Velma Reason, Karen Harvey, Debra Velasco, Becky Williams, Bonnie Schendel, Lucas Gurrero, Carrie Morin, Terrie Trevino, Karole Beasley, and Cindy Clendennen Co-chair. Items on the agenda included:

Health Related Activity

The SHAC would like to reinforce the importance of physical activity to help children stay healthy during the school year. Suggested activities include:

Participate in the HEB Buddy Healthy Tour. This is an hour tour through the local HEB store where the store representative leads students through several departments explaining the significance of good health.

Take 10- At some time during the school day, drop everything and do 10 minutes of physical activity- random scheduling; it could be once weekly, once monthly etc.

Display a healthy food booth in the cafeteria allowing students to investigate unusual fruits and vegetables through touch and taste.

Participate in an art project where students create their healthy plate by drawing or gluing healthy foods to a paper plate.

Make and display posters acknowledging physical exercise and eating healthy as a way to maintain good health.

The SHAC will continue discussion about this issue at the next council meeting.

Other

Future meeting dates for the SHAC are February 2nd, and April 5th.

With no further business, the meeting adjourned at approximately 1:00 pm.

Submitted by Cindy Clendennen