

SHAC Report 2010-2011

Mission Statement: The mission of S&S School Health Advisory Committee is to protect and promote the health and well being of the students of this district.

SHAC Members: *Nicole Gordon RN District Nurse, Dr. Lee Yeager Administrative Member, Kim Patterson, Terry Martin, Tanya Lancaster, Tim Kemp, Tracy Curry, Jay Roberts, Elaine Benson, Michelle Saye, Dr. Kaylene Griffin*

In keeping with this mission, each program or activity conducted by the S&S School Health Advisory Committee (SHAC) will strive to obtain the most up-to-date information possible about public health conditions, to direct its resources toward the areas where improvements in student health are needed, and to make every effort that the parents of the community of S&S CISD receive the vital information and services needed to maintain and improve the health and well - being of the district, as well as the community.

Michelle Saye presented criteria for food service requirements. Our district has met and will continue to meet the standards of The National School Lunch Program (NSLP). We are up approximately 4% from 2009, in our lunch and breakfast participation.

During the 2010-2011 school year out students and employees participated in a flu shot clinic administered by the Grayson County Health Department. Our district has been and will continue to be vigilant about educating our students the importance of hand washing and the use of hand sanitizer to decrease the spread of germs. The district has been required by the Health Department to report absences and confirmed cases of the flu/H1N1. This is still continuously being monitored and reported.

January and March were very productive months. I had 10 students and 25 staff members complete their certification for CPR/AED and First Aid for Adult and Child. We also had All Smiles Dental Unit come to the Elementary and do dental exams with x-rays, Next year I will have all campuses participate. In March we had over 40 staff members participate in the Staff Wellness Screening.

Fitness Gram for out K-12th graders was a success. Fitness Gram assesses a variety of health-related physical fitness tests that assess aerobic capacity, muscular strength, muscular endurance and flexibility, and body composition. The Healthy Fitness Zone standards are based on levels of fitness needed for good health.

In April Coach Carmichael and Coach Evans raised over 3,900 for Jump Rope for Heart. While raising awareness for cardiac health they sent a generous donation to support children in the American Heart Association.

In May we have more than 50 students participating in the free immunization clinic administered by Grayson County Health Department. While raising awareness and

educating students and parents on the 2011 immunization requirements we are able to provide free services to make sure all students will be up to date on their immunizations for the start of 2011-2012 year.

Goals for next year: Contacting the Pregnancy Care Center to come in the Spring to talk to our 6th graders about abstinence. Mr. Kemp is going to see about getting more information about “sexting” and proper use of cell phones and hopefully incorporated that with middle school as well as high school. A couple other programs I am hoping to incorporate next year is “Less Tears and More Years”(6th -12th), “Worth The Wait Campaign”(middle school), and education about “Cyber bullying” (middle school 6th).

Thank you,
Nicole Gordon RN