

Beeville ISD
School Health Advisory Council
Safe and Drug Free Schools and Communities Committee
December 3, 2009
Meeting Minutes

The Beeville ISD SHAC and SDFSC met on Monday, December 3, 2009. Those in attendance were: Becky Williams, CeCe Salazar, Samuel Castaneda, Caleb Traylor, Megan Burris, Nohe Rodriguez, Sue Roberts, Karen Harvey, and Cindy Clendennen.

Items on the agenda included:

New School Health Requirements for 2009-2010

Physical Fitness Assessment Data

Research on Benefits of School-Based Activity on Academic Achievement

Walk Across Texas Challenge

New School Health Requirements for 2009-2010

The Year of the SHAC is this year's theme for school health advisory councils. With this theme, there are several new requirements for local SHAC. Changes include:

Minimum of 4 meetings per year

Must have a parent to chair or co-chair the council

Must have at least 5 members

Annual report to the School Board with details on SHAC activities/recommendations

Recommend indicators for evaluating effectiveness of coordinated health programs

It was decided Mrs. Clendennen would send a letter to all parents on the SHAC to determine which parent(s) may be interested in becoming the chair or co-chair of the committee. The district's SHAC currently has more than 5 members and will meet at least 3 times next semester with the next meeting being February 1st.

Physical Fitness Assessment Data

The committee reviewed fitness assessment data for years 2007-08 and 2008-09 for 3rd – 12th graders at the state level. Local assessment data was presented to the committee as well. Local assessment data is to be reviewed by district staff in order to develop goals and objectives based upon results of BISD students. These goals and objectives should be in CIPs.

Research on Benefits of School-Based Activity on Academic Achievement

Two articles were shared with the committee describing research results of students who are active and how they tend to perform better academically. Key findings include:

Academic performance does not improve when physical education is sacrificed.

Kids who are more physically active tend to perform better academically.

Kids who are physically fit are likely to have stronger academic performance.

Activity breaks can improve cognitive performance and classroom behavior.

Walk Across Texas Challenge

The council would like to invite Kelsey Hill, AgriLIFE Extension agent to attend the next meeting to discuss/explain the Walk Across Texas program. It is recommended BISD campuses participate in the program in some form or fashion next semester. Elementary campuses have already begun to make plans for some type activity and whether to challenge campus level peers or challenge other campuses. All felt this program would be beneficial for students and staff and look forward to activities relating to the challenge.

Other

Samuel Castaneda of the Texas Department of State Health Services gave the committee information on future H1N1 vaccine clinics to be held in Beeville and surrounding areas. He shared information on progress that has been made statewide on the administration of the vaccine and the spread of the virus. Cases seem to have decreased somewhat but the virus has the potential to increase again during winter months. Parents and school staff should continue to monitor the virus and strongly consider accepting the immunization for self and their families.

With no other business, the committee adjourned.

Submitted by Cindy Clendennen