

**SCHOOL HEALTH ADVISORY COUNCIL:  
ANNUAL REPORT FOR 2019-20**

Stephenville Independent School District

## Stephenville, Texas

### School Health Advisory Council Annual Report for 2019-2020

#### Presentations and Discussions

##### October 16, 2019: First Meeting

- Overview of the School Advisory Health Councils role in promoting good healthy eating, exercise and education for students: Ms. Cheryl Dowell
- Discussion of Child Nutrition Program: Ms. Cheryl Dowell
- Discussion of suicide prevention training for public school educators: Ms. Kathy Hampton
- Topics for next SHAC Meeting

##### December 18, 2019: Second Meeting

- Review of Local Wellness Policy Checklist: Ms. Cheryl Dowell
- Annual Wellness Policy Assessment: Ms. Cheryl Dowell
- Topics for next SHAC Meeting

3:45 p.m.

Members Present:

Cheryl Dowell, Kathy Hampton, Kelli Reymond, Courtney Fanning, Wade Whitehead, Abrahia Moore, Jody Fain, Dr. Kelsey McEntyre, Emma Jimenez, Polly Hamilton

Discussion:

1. Cheryl Dowell discussed the role and responsibilities of the SHAC committee as put out in Title 2, Chapter 28 of the TEC. She explained that the most effective SHACs create recommendations that speak to the Whole School, Whole Community, Whole Child (WSCC) approach to health and learning. She communicated that good program planning and the promotion of those programs help create a healthier environment for students which in turn supports their ability to focus on learning.
2. Cheryl Dowell discussed the Child Nutrition Program. She explained how the program runs and what constitutes a healthy and reimbursable meal for breakfast and for lunch. She also discussed the impact that a well balanced meal has on students in regards to being able to concentrate on learning.
3. Kathy Hampton handed out packets called FACTS; Feelings, Actions, Changes, Threats, Situations. She went over the definitions of these in reference to warning signs for at risk youth. She discussed in more detail these warning signs and others to look for in someone who could be at risk. She also went over what we as educators and staff can do if we notice any youth displaying and of these behaviors.
4. Topics for the nex SHAC meeting on December 18, 2019
5. Meeting adjourned at 4:45 p.m.

District School Health Advisory Council (SHAC)

Minutes for Wednesday December 18, 2019

3:45 p.m.

Members Present:

Cheryl Dowell, Kathy Hampton, Abrahia Moore, Courtney Bates

Discussion:

1. Cheryl Dowell went over the local Wellness Policy with the committee. She handed out a copy to each member and the committee went over it. She then filled out the Local Wellness Policy Checklist to be turned in to TDA for the Child Nutrition Review.
2. Cheryl Dowell filled out the Wellness Policy Assessment Tool for the annual assessment. She went over all questions with the committee and filled out the form to be turned in to TDA for the Child Nutrition Review.
3. Topics for Next SHAC committee meeting
4. Meeting Adjourned at 4:30 p.m.

