

**School Health Advisory Council:  
Annual Report for 2017-2018**

Stephenville Independent School District  
Stephenville, Texas

School Health Advisory Council  
Annual Report for 2017-2018

Presentations and Discussions

October 11, 2017: First Meeting

- Overview of the School Advisory Health Council Responsibilities: Mrs. Mona Little
- Discussion of the District's Child Nutrition Program: Mrs. Mona Little
- Topics for next SHAC meeting

December 20, 2017: Second Meeting

- Discussion of guidelines in which parents are notified of infectious/communicable diseases: Mrs. Michelle Stilwell
- Discussion on Food Allergies within the district: Mrs. Mona Little & Mrs. Donna White/Agriculture Extension Office
- Topics for next SHAC Meeting

February 28, 2018: Third Meeting

- Discussion on eating disorders among students: Mrs. Michelle Stilwell
- Discussion on bullying: Mrs. Mona Little & Mrs. Michelle Stilwell
- Topics for next SHAC Meeting

April 11, 2018: Fourth Meeting

- Discussion on the explanation of a Fitness Gram: Dr. Matt Laurent/Tarleton
- District update on recent Fitness Gram: Dr. Matt Laurent/Tarleton

District School Health Advisory Council (SHAC)  
Minutes for Wednesday, October 11, 2017  
3:45 p.m.

Members Present:

Mona Little, Kathy Haynes, Donna White, Dr. Matt Laurent, Ashley Lee, Polly Hamilton, Jennifer Ryan, Jody Fain, Wade Whitehead, Tyler Kelsey, Courtney Bates, Allen Mays

The objectives of the meeting were to review the role and responsibilities of the School Health Advisory Council and to discuss the District's Child Nutrition Program.

Mona Little began the meeting by asking each person to introduce themselves and their role on the council. Next, she provided an overview of the roles and responsibilities of SHAC. These included the efforts to advise and support the school needs and programs that help children develop the knowledge, skills and attitudes to become healthy productive citizens.

Next, Mona Little discussed the District's Child Nutrition Program. She explained the current rules and regulations under the Healthy Hunger Free Kids Act, which are in force by both USDA and TDA. Every grade level has a different amount of requirements to be offered for grains, fruits, vegetables, sodium and calories. The District's current free and reduced percentage of 48% was discussed, along with the importance of receiving the meal applications to qualify for these meals from parents or guardians. Each day over 1800 meals are served for lunch, with the availability of more than one fruit, vegetable and entrée (Central excluded from multiple entrees).

Topics for the next SHAC meeting on December 20, 2017 were discussed.

Meeting adjourned @ 5:00 p.m.

District School Health Advisory Council (SHAC)  
Minutes for Wednesday December 20, 2017  
3:45 p.m.

Members Present:

Mona Little, Kathy Haynes, Jennifer Ryan, Michelle Stillwell, Debby Winder, Courtney Bates, Dr. Matt Laurent, Allen Mays, Kelly Elston, Ashley Lee

The objectives of the meeting were to discuss the District's guidelines for which parents are notified of infectious/communicable diseases and to review food allergies within the district.

Mona Little began the meeting with introductions and overview of planned discussion.

Mrs. Michelle Stilwell provided the committee with guidelines in which parents are notified of infectious/communicable diseases. She also included a chart with detailed information on the procedure taken for each individual condition. An explanation of the importance to protect the safety of the children and staff was given.

Next, Mrs. Donna White provided a definition of food allergy which involved an explanation of how when certain foods are eaten, the immune system provides protection from disease. An actual food allergy is an overreaction by the immune system to a food substance. Statistics were given on the rising number of children with food allergies. An explanation on what food allergies the district is noticing an increase in was given by Mrs. Mona Little. Along with confirmation of how the cashier is given food allergy information when student is applying their identification number at the register for their meal. The District's Child Nutrition system alerts the cashier of any food allergies to be aware of immediately.

Topics for the next SHAC meeting on February 28, 2018 were discussed.

Meeting adjourned @ 4:50 p.m.

District School Health Advisory Council (SHAC)  
Minutes for Wednesday February 28, 2018  
3:45 p.m.

Members Present:

Mona Little, Michelle Stillwell, Debby Winder, Courtney Bates, Dr. Matt Laurent, Allen Mays, Jody Fain, Mandi Stokes

The objectives of the meeting were to discuss eating disorders among students and provide a brief overview of bullying.

Mona Little began the meeting with introductions and overview of planned discussion.

Mrs. Michelle Stilwell provided the committee with information and statistics on eating disorders among students. There was an explanation of both anorexia and bulimia. The committee was given different signs to be aware off that involve these disorders. An example of these was extreme weight loss, fainting, refusal to eat, obsession with appearance and an abnormal preoccupation with food.

Next, Mrs. Mona Little discussed the definition of bullying and the statistics, which involve 28% of students in grades 6-12. An explanation of what students and bystanders can do to help with this statistic was given by Mrs. Michelle Stillwell. Individuals' becoming involved when someone is being bullied, whether it is an adult or student, is a positive start. Teaching students to treat everyone with respect and value that not everyone is the same. Being different is not better or worse.

Topics for the next SHAC meeting on April 11, 2018 were discussed.

Meeting adjourned @ 4:45 p.m.

District School Health Advisory Council (SHAC)  
Minutes for Wednesday April 11, 2018  
3:45 p.m.

Members Present:

Mona Little, Kathy Haynes, Dr. Matt Laurent, Pam Jones, Allen Mays, Mary Pack, Wade Whitehead, Jennifer Ryan

The objectives of the meeting were to discuss the definition of a Fitness Gram and Tarleton's involvement with the School District.

Mona Little began the meeting with introductions and overview of planned discussion.

Dr. Matt Laurent provided a definition of a Fitness Gram. It is a health related test given to students that measures how meaningful a student's fitness correlates to academic achievement. Tarleton students along with Dr. Laurent and district staff help students complete this event. Each of the test items are selected to assess important aspects of health related fitness, not skill or agility. The assessment provides information on recommended activity options that will help students reach healthy zones for body composition and endurance. The components to this are cardiovascular endurance, muscular strength, body composition, muscular flexibility and endurance. Results are sent to parents each year after results are finalized. With these results, parents are presented a multidimensional view of their child's health.

Meeting adjourned @ 5:00 p.m.