

**School Health Advisory Council:  
Annual Report for 2015-2016**

**Stephenville Independent School District  
Stephenville, Texas**

**School Health Advisory Council  
Annual Report for 2015-2016**

**Presentations and Discussions**

November 18, 2015: Combined Fall Meetings

- Overview of the School Advisory Health Council Responsibilities: Mrs. Kathy Haynes
- Discussion of the District's Child Nutrition Program: Mrs. Mona Little
- Overview of the Health and Academic Achievement: Dr. Joe Gillespie
- Update on the District's Suicide Prevention Training: Ms. Kelli Crain

March 16, 2016: Combined Spring Meetings

- Review the Role and Responsibilities of the School Health Advisory Council: Mrs. Kathy Haynes
- Discussion of Increasingly Common Student Health Issues: Mrs. Michelle Stilwell
- Update on the SB66 Bill (Stock Epinephrine): Mrs. Pat Mewhinney
- Update on FitnessGram: Mrs. Kathy Haynes and Dr. Joe Gillespie



# STEPHENVILLE

INDEPENDENT SCHOOL DISTRICT



*Developing the Potential of Every Student, Every Day*

District School Health Advisory Council (SHAC)  
Minutes for Wednesday, November 18, 2015  
3:45 p.m.

Members Present:

Mona Little, Lucille Coggins, Laura Kunselman, Pat Mewhinney, Debby Winder, Michelle Stilwell, Kelli Crain, Joe Gillespie, Tyler Kesley, Adam Phillips, Jennifer Ryan, Allen Mays, Mary Pack, Jody Fain, and Kathy Haynes.

The objectives of this meeting were to review the role and responsibilities of the School Health Advisory Council; to discuss the District's Child Nutrition Program; get an update about FitnessGram; share an article about how physical activity can positively affect academic performance; and what the district is going to do in regards to Suicide Prevention Training. Kathy Haynes began the meeting by asking each person to introduce themselves and their role in the council.

Mona Little: Mona discussed how our District offers both Breakfast and Lunch to around 2,500 students a day through our lunch program. The food served is regulated through the state and we are audited a couple times a year and every three years by the Federal government. By 2020 the final numbers should be set for how many calories, fats, sodium, etc the students can have per day. Because 50% of our students are on Free/Reduced lunch, we receive an ample amount of Federal money and therefore have to follow the nutrition guidelines closely. Mona explained how even the schools' vending machines are regulated by the State – chips are Baked Chips; cookies and brownies are whole grain; there are no sodas available to students; and the machines turn off 30 minutes after school releases. Kathy Haynes mentioned our program even feeds children breakfast and lunch throughout the summer. Mona elaborated saying they feed *any* child between the age of 0-18 free breakfast and lunch.

Kathy Haynes led a discussion about an article she provided to the committee about growing studies “indicating that physical activity and fitness can benefit both health and academic performance for children.”

Joe Gillespie, Kinesiology Professor at Tarleton, to give us an update on FitnessGram. He and his students help our District with FitnessGram. He explained that due to a change in the software there are new procedures, but public schools in the state of Texas do not have the new program yet, only the Private sector and universities do.

Kelli Crain talked about what our District is doing about Suicide Prevention Training. TEA has not said exactly what we need to be doing, only that we need to start. Counselors have given teachers resources during faculty meetings for now and the District will make sure every new educator who comes into the District will complete training.

Kathy Haynes asked the committee members to think about what they would like to talk about next time – which Pat Mewhinney said we should recommend to the Board that our schools get Epinephrine for any instance where a student or teacher goes into anaphylactic shock. The meeting was adjourned at 4:30 p.m. The next SHAC meeting will be held Wednesday, March 16<sup>th</sup> at 3:45 p.m.



# STEPHENVILLE

## INDEPENDENT SCHOOL DISTRICT



*Developing the Potential of Every Student, Every Day*

District School Health Advisory Council (SHAC)  
Minutes for Wednesday, March 16, 2016  
3:45 p.m.

Members Present:

Mona Little, Lucille Coggins, Joe Gillespie, Jennifer Ryan, Adam Phillips, Lacie Tidwell, Carie Wright, Kelli Crain, Sheryl Dijulio, Michelle Stilwell, Pat Mewhinney, Donna White, Polly Hamilton, Allen Mays, and Kathy Haynes.

The objectives of this meeting were to review the role and responsibilities of the School Health Advisory Council; to discuss increasingly common student health issues, follow up about SB66 (Stock Epinephrine), and give an update about FitnessGram.

Michelle Stilwell started off the meeting discussing increasingly common student health issues. Several conditions she mentioned were diabetes, immunizations, UTI, URI, Strep, Flu, Bronchitis, food allergies, concussions, broken bones, scoliosis, cardiac issues, emotional disorders, staph infection, head lice, fleas, ringworms, Hand Foot and Mouth, and personal health. Any student meds must have a physician's order and a form is to be filled out by the parent at the beginning of the school year when the child is registered for school. She mentioned that concussions are not just sports related anymore; they have seen cases involving a band instrument, fights, and metal stands. Different screenings are conducted throughout the schools including vision, hearing, and AN (Acanthosis nigricans) which is a hyperpigmentation of the skin and beginning symptom of Type 2 Diabetes. During April 4-7 students who are 13 years old and older will be given the opportunity to undergo cardiovascular testing. Wimbledon Health Partners will be conducting EKGs, echocardiograms, and vascular ultrasounds to screen for any possible abnormal heart rhythms, cardiomyopathy, and other conditions. Lion's Club was also mentioned in helping with vision screenings and setting children up with a free pair of eye glasses if needed and cannot afford them.

Pat Mewhinney was up next to give an update about SB 66, Stock Epinephrine, the bill that was passed allowing Texas schools the use of Epinephrine auto-injectors, which are used to help students who experience anaphylaxis shock due to an allergy. The adult administering the epinephrine is covered by the Good Samaritan Act. Right now kids who have known allergy can carry their epi-pen with them. In order to have access to these epi-pens the school district would need a school doctor. Some concerns were expressed by a parent on the committee saying for younger kids the dosage given is based on weight, and you are not supposed to give a generic dosage. Pat replied saying epinephrine cannot kill the child, but the parent counteracted saying they can die if epinephrine was not what the child needed in the first place. The epi-pens are very expensive, would have to be Board approved, and parents must be notified at the beginning of the school year in order to participate,

Kathy Haynes and Joe Gillespie then updated everyone on FitnessGram. Our District still has been unable to upload our data for FitnessGram because TEA has stated they are not ready for Texas public schools to submit. Last year the software provided changed and it has obviously caused some issues for the program.

Allen Mays suggested next time the committee meets they should discuss CPR training.

**STEPHENVILLE INDEPENDENT SCHOOL DISTRICT**  
**STEPHENVILLE, TEXAS**  
**School Health Advisory Council**  
**2015-2016**

The Stephenville Independent School District School Health Advisory Council (SHAC) meets September through May. The council members are appointed to represent the six campuses. The School Health Advisory Council serves as an advisory board for the purpose of implementing and evaluating the effectiveness of Coordinated School Health Programs. A detailed account of SHAC activities and recommendations are presented to the Stephenville Independent School District Board of Trustees annually. Meeting agendas are properly posted and sent to all members, as well as district campuses and departments. Minutes are taken at each meeting. They are disseminated to the public through postings on the District's web page, [www.sville.us](http://www.sville.us) and sent to each department and campus to be posted.

<b>MEMBER</b>	<b>CAMPUS/FUNCTION</b>	<b>POSITION</b>
Matt Underwood	Administration	Superintendent
Kathy Haynes	Executive Director HR and Student Services	Co-Chair
Laura Kunselman	Central	Parent
Polly Hamilton	Chamberlin	Parent
Sheryl Dijulio	Hook	Parent
Lacie Tidwell	Gilbert	Parent
Carie Wright	Henderson	Parent
Allen Mays	Stephenville	Teacher
Adam Phillips	Central	PE Teacher
Wade Whitehead	Chamberlin	PE Teacher
Tyler Kelsey	Hook	PE Teacher
Mary Pack	Gilbert	PE Teacher
Pamela Jones	Henderson	Teacher
Debby Winder	Stephenville High School	Teacher
Kelli Crain	Director of Assessment and Federal Programs	Safe and Drug Free School Coordinator
Jennifer Ryan	Executive Director of Curriculum and Instruction	Resource Personnel
Michelle Stilwell	SISD Head Nurse	Resource Personnel
Jody Fain	Central Nurse	Resource Personnel
Pat Mewhinney	SHS Nurse	Resource Personnel
Mona Little	Child Nutrition Director	Resource Personnel
Donna White	Community Member	Resource Personnel
Dr. Joe Gillespie	TSU Professor	Fitnessgram Coordinator
Lucille Coggins, B.S.N., R.N.	Texas Dept of Health Services	Regional Coordinator

**Stephenville Independent School District  
Stephenville, Texas**

**School Health Advisory Council  
2015-2016**

**Meeting Schedule for 2015-2016**

Combined Fall Meetings: Wednesday, November 18, 2015	Administration Building	Executive Board Room	3:45 p.m.
Combined Spring Meetings: Wednesday, March 16, 2016	Administration Building	Executive Board Room	3:45 p.m.