

**West Independent School District
School Health Advisory Committee
December 18, 2007 3:45 P.M. West High School Library**

The West Independent School Health Advisory Committee met December 18, 2007 at 3:45 PM in the West High School Library. All members received a binder for handouts for this meeting and future meetings.

Jan Hungate, West ISD Assistant Superintendent and SHAC Chairperson thanked all members for being willing to serve on the committee and for attending the meeting. She called the meeting to order, introduced herself and Dr. Rob Hart, West ISD Superintendent, and asked members to introduce themselves. Attending the meeting were JoAnn Brem, parent, Grady Fulbright, West Middle School Principal, Betty Johnson, West Middle and High School Nurse, John Knutson, West Elementary School PE teacher, Yvonne Reddell, parent, and Melissa Sefcik, parent. Not able to attend today's meeting were Missy Cammack, Vanessa Davis, and Cindy Knapek, parents, and Melissa Huffines, West Middle School PE teacher (sign in sheet attached to minutes).

The first agenda item was to discuss the purpose of the SHAC. Mrs. Hungate gave the committee several handouts, including West School Board Policy describing the duties of a school SHAC. She then briefly discussed the State SHAC (TSHAC) of which she is a member and shared several websites that include numerous resources regarding children's health.

Mrs. Hungate then shared the WISD Wellness policies, which are defined by law, and briefly went over the Eight Components of School Health. An Internet video was shown of a segment that aired on the November 8, 2007 CBS Evening News that discussed FITNESSGRAM and the efforts taking place in Texas concerning childhood obesity and fitness initiatives. In the video, Senator Jane Nelson, the author of Senate Bill 530 passed by the Texas Legislature in its last Legislative session, explained the need for coordinated children's health. Mrs. Hungate gave a brief summary of this bill. She also explained to the committee that there is a good deal of legislation currently being written and passed that affects children and school health.

The committee then was told what is currently being done at the different campuses regarding recess and PE and the requirements for PE at each level. At a future meeting the SHAC will make recommendations to the district regarding recess.

Mrs. Hungate shared with the group that a West student, Laura Holy, who is now a freshman in high school, won the 2007 Department of State Health Services poster contest last spring on the topic "How to be Healthy for a Lifetime."

Topics were suggested for future agenda items including the new steroid testing initiative in Texas schools. Dr. Hart volunteered to bring information to the committee on this new law. Members were also encouraged to call or email any other suggestions they might have after the meeting. The next meeting will be held on a Monday in March, date, time and place to be announced.

SHAC members were invited to attend the open house being held at the new West ISD Business Office, and the meeting was adjourned at 4:30.