

SCHOOL HEALTH ADVISORY COMMITTEE ANNUAL REPORT March 22, 2010

In compliance with Senate Bill 283, this report contains the council's recommendations, modifications, and activities from April 22, 2009 to present.

SHAC meeting dates:

4/22/09

9/16/09

1/13/10

3/5/10

Meeting minutes attached.

Board appointed School Health Advisory Council (SHAC)

Co-Chairs

Ronnie Pewitt	Parent
Tammy Pewitt	School Nurse

Kelly Penny	Parent
Teresa McBride	Parent
Dale Carmichael	Parent
Robin Carmichael	School Nurse
Scott McPherson	High School Principal

Paradise ISD Wellness Policy- The SHAC council is reviewing and revising the current policy. There was discussion on forming Wellness Committees at each campus.

Coordinated School Health Program. It is designed to prevent obesity, cardiovascular disease and Type 2 diabetes in elementary school, middle school and junior high school students. Each program must provide for coordinating:

- 1) Health Education
- 2) Physical education and physical activity
- 3) Nutrition services; and
- 4) Parental involvement

The SHAC is researching the program components to further understand how to better implement this required plan.

Main Topics of this annual report: Health Related Issues, Safety, Physical Education and Nutrition

Health Related Issues

4th grade puberty class 3/26/10.

Immunizations: New State Requirements. Parents were sent information letter. Clinics scheduled at school for immunizations by Movax and the state in May and one of the summer months.

Aim for Success-student survey results (2009) were reviewed and the program for 2010 will be a different schedule. The 7-12 will have a Drug Prevention Program, and the 6th will have the Abstinence Program.

CPR training for staff members whose certification has expired is held annually during August in-service. This includes teachers who travel with students away from the campus, bus drivers, and coaches. Next year will include substitute teachers.

Emergency Response Teams are identified at each campus and plans for training during August in-service were discussed.

Paradise ISD answers on the School Health Survey submitted to the state were reviewed and compared to the state accumulative results.

Mobile Dental Screening at the Elementary School on March 31, 2010. Students with parent permission will be seen during their PE/Music/Technology rotation. If it is successful, other campuses may provide this service in the future.

Safety

Fire Safety programs during Fire Safety Month were held at the elementary and the intermediate campuses.

Hootie the Owl programs- Sun Safety and Helmet Safety presented at the elementary school for students K-3rd during a Rise and Shine.

Nurse Nellie a.k.a. Nurse Pewitt- Germs, playground safety, food and nutrition presented to the kindergarten students.

Epipen-The nurses trained all teachers who supervise students identified as having anaphylactic reactions and walked through a user friendly website on this important topic.

Procedures for students with Seizure Disorders- All teachers of students with Seizure Disorders were trained on the proper protocols in the event the student seizes during class.

Physical Education

SHAC meetings are attended by P.E. instructors Coach Burt and Coach Essig.

All physical education classes are instructed by certified teachers.

The District Fitness Assessment Coordinator is Coach Karin Essig. Individual student results are sent home annually and the district results are analyzed for areas of student weaknesses so adjustments may be made to the program.

Obesity Awareness Week. Discussed at meeting held 9/16/09. Several activities have been added in the physical ed. classes to ensure all students are active and meeting goals. Coach Burt reported she is seeing that overall students have a weak core. This has been addressed by adding an abdominal strengthening exercise station.

Acanthosis- The nurses stressed the importance of students identified through the screening receive regular physical exercise in order to direct them to a healthier lifestyle including weight loss. Noted was that often these students use their weight as an excuse to not participate. Diet and exercise are crucial.

Diabetes Walk- This annual event will be held on April 24, 2010.

Nutrition

SHAC meetings are attended by Dani Noble, Food Service Director.

Mrs. Noble plans to sponsor a food tasting at the elementary during the students' lunch period. This activity when held in past years gives students the opportunity to sample a variety of fruits and vegetables and receive information on the nutritional value of the foods.

Also discussed was the possibility of rewarding students with a paw paper if they try new foods.

Fresh fruit is offered on every campus everyday and they all follow the "Dietary Guidelines for Americans".

Foods of Minimal Nutritional Value (FMNV) requirements and avenues to best inform parents of updates were discussed. The campus administrators are supervising the types and time restrictions on vending machines in their buildings.

Health Committee Meeting Minutes 4/22/09

1. Review minutes from the 02/12/09 meeting.
2. Puberty class today for 4th grade. Nurse Pewitt teaching the girls and Mr. McCutchen the boys.

3. Hootie the Owl will present Sun Safety at Rise and Shine 5/4/09.
4. Discuss new state requirements for immunizations. How to check the first day of school to see if students have received immunizations. Possibly give teachers a list for first day of school of those who have not received. Give an all call to parents over the summer to remind them. Movax to the school.
5. Mobile dentist. All in attendance agree on the need. Present to Central Office.
6. Question to committee..do we need more help in nurses office for High School? Possible aide part time discussed. ? using students from Weatherford College.
7. Lunch room behavior at the High School.
8. No issues with the playgrounds or dietary needs.

Attendance

Dani Noble
 Greg Fletcher
 Scott McPhearson
 Mac Edwards
 Patti Seckman
 Stacie Meadows
 Tammy Pewitt
 Robin Carmichael

Health Committee Meeting Minutes 9/16/2009

1. Aim for Success- Parent Meeting 10/26 @ 7:00 in the H.S. cafeteria
 Student assemblies 10/28. Four assemblies in the new H.S. gym
 6th grade will have separate assembly from 7 & 8th.
2. Vision, Hearing, Acanthosis and Spinal screening for Pre K thru 5th will be 9/29 and
 9/30. Seventh and eighth grade will be 10/1.
3. Movax will be here 10/20 from 1-4pm. If they can get the vaccines earlier they will
 come earlier.
4. Notified staff that we have 4 CPR Personal Learning Programs for students and staff.
5. This is Obesity Awareness week.
6. Dietary-discussed giving stars and panther paws for Elementary students for trying
 new foods. Nutrition Nugget newsletter
7. Health curriculum per grade level to be discussed next meeting.
8. All students are up to date with new immunization schedule.

Attendance:

Mac Edwards	Patti Seckman
Terry McCutchen	Dani Noble

Stacie Meadows
Mark Mathis
Robin Carmichael

Scott McPhearson
Greg Fletcher

Health Committee Meeting Minutes 1/13/2010

1. Review minutes from 9/16/09 meeting.
2. Discuss return of Aim for Success next year. Should we have 3rd program on Abstinence or Drug Awareness.
3. All screenings finished. Acanthosis results discussed.
4. CPR certification needed for seniors in health classes.
5. Training needed for nurse subs. Have subs come at the same time that staff gets trained at the beginning of each school year. (CPR, AED)
6. Discussed epi-pen user friendly website. Teachers aware of students with potential for allergic reactions. Also students with seizure disorders.
7. Need for response teams to have a meeting to discuss their responsibilities and address concerns.
8. Part-time help needed for nurses at the High School. Can be an aide.
9. Hootie the Owl approved to go to the Elementary for Helmet Safety presentation.
10. SHAC-Committee members: Ronnie Pewitt-Co-chair, Tammy Pewitt LVN-Co-chair, Robin Carmichael RN, Dale Carmichael, Kelly Penny, Teresa McBride, Scott McPherson.
11. Health Fair for entire community. Movax for immunizations, vision, hearing, mobile dentist, cholesterol, blood sugar screenings, Mammograms, athletic screening, help with school supplies....anything we can get to help the community.

Attendance: Terry McCutchen
Greg Fletcher
Patti Seckman
Kelly Penny
Tammy Pewitt
Mark Mathis
Scott McPherson

Robin Garrett
Kristin Gage
Teresa McBride
Robin Carmichael
Dale Carmichael
Stacie Meadows

Health Committee Meeting 3/5/2010

1. Review minutes from 1/13/2010
2. Discuss and approval given to set up immunization clinics. The Texas Dept. of Health will come in the Spring and Movax in the Summer. Dates to be determined.
3. Puberty class March 26th for 4th grade pending approval from Mr. McCutchen. Permission letter will be mailed the week before.
4. Hootie the Owl from Decatur will come to the Elementary 3/22/2010 during Rise and Shine for helmet safety presentation.
5. Aim for Success results and student comments given to members for review. Also agreed that next year 6th graders will have Abstinence and 7-12th will have the Drug program, with 2 parent meetings the same night.
6. Discussion about athletic shoe exchange/swap.
7. School Health Survey discussed.
8. Local Wellness Policy review. Discussed input from all departments. Notify board in our yearly narrative that we are all working on new policy. Policy will be presented at Director's Meeting in April and tentatively to the board in May.
9. Discussion of dietary requirements at Pizza parties, field days etc.
10. Main topics for SHAC: Safety, PE, nutrition, Asthma, and tobacco use. Discussion of wellness team at each campus.
11. Example of Student School Survey presented. 5th grade and above to take survey online. Waiting on clarification to see if districts can omit questions at their discretion.
12. Discussed School Health Survey question # 13. Do we have a policy prohibiting PE as a form of punishment?
13. Mrs. Seckman and Mrs. Carmichael presented information obtained from webinar viewed 3/3/2010. Data collected correlates nutrition and physical fitness with higher academic scores and decrease in absences.
14. Mobile dentist 3/31/2010
15. Committee notified that First Baptist has agreed to help coordinate getting school supplies for those in need for next school year. Discuss having them at Kindergarten Roundup with information for parents.

Attendance: Robin Carmichael, RN	Dale Carmichael	Scott McPherson
Mark Mathis	Kelly Penny	Dani Noble
Karin Essig	Stacie Meadows	Tammy Pewitt, LVN
Patti Seckman	Susie Burt	