

# **O'DONNELL ISD WELLNESS and STUDENT HEALTH ADVISORY COUNCIL**

## **Meeting Minutes**

September 10, 2019

### **I. Call to order/Welcome – 3:50 pm**

### **II. Roll call & Introductions**

See sign in sheet. There was representation from Administration, Staff, Physical Education department, Nurse, Parents, Students and Cafeteria.

### **III. Meeting Requirements**

- A. Required to have 4 meetings per year – Will combine SHAC & Wellness – Next meeting for December 4<sup>th</sup> in the Cafeteria. Meeting reminder letters will be sent to all members by Heidi Cobb, School Nurse. Will set consecutive meetings at each meeting.

### **IV. Old Business**

- A. None at this time due to meeting time lapse

### **V. New Business**

- A. Review of SHAC policy
  - a. Policy reviewed and no recommendations for changes
- B. Review of current OISD Wellness Policy
  - a. Current policy reviewed – Revisions are already in progress for this policy – See proposed revisions sheet
- C. SHAC/Wellness Annual Board Report
  - a. Will submit report annually in May Board meeting – Report will be prepared and submitted by the school nurse (or Health representative)
- D. Program(s) Evaluation Requirements
  - a. Program to be evaluated by OISD personnel at least every 3 years
  - b. See example of Campus Evaluation Checklist for review. We will allow time to review checklist and discuss in the next meeting

- c. Also see Local Wellness Policy (LWP) Checklist provided by Texas Department of Agriculture. Needs to be completed and posted on our website. Melissa Clark will assure the posting.

E. Required items for posting or publishing

- a. Use of Districts facilities available outside the school day
  - 1. Track and playgrounds are not locked & available for public use – The community is aware of this and utilizes them
- b. Annual Wellness Policy/Plan information
  - 1. Is posted on the OISD website – Any revisions or updates will also be posted by our IT Director as directed by responsible designee
- c. District policy assuring required physical activity are being met – Education Code 28.002
  - 1. Policies are posted on the OISD website for all to access
- d. SHAC meeting information
  - 1. SHAC policy is posted on OISD website. Meeting minutes will be posted by our IT Director as directed by responsible designee
- e. Vending machine policy
  - 1. Policy is in Student Handbook that is posted on the OISD website
- f. E-cigarette & Smoking policy
  - 1. Policy is in Student Handbook that is posted on the OISD website
- g. Physical Fitness assessment results
  - 1. Results for all students are mailed to parents at the end of the year

**VI. Wellness Events Held/Planned & Required**

**2018-2019**

- ❖ Children's Health Fair
- ❖ Community Flu Clinic
- ❖ Mobile Mammo Screening

- ❖ Heart Evaluations/ECG's
- ❖ Color Run
- ❖ End of school Water Day – PK-5th
- ❖ Mile Monday – PK-5<sup>th</sup> (weather permitting – Begins in the Spring)
- ❖ Fantastic Teeth – 1<sup>st</sup> Grade
- ❖ Elementary school track meet
- ❖ CPR – 11<sup>th</sup> Grade

### **2019-2020**

- ❖ Youth Mental Health First Aid Class – Provided for & completed by staff
- ❖ CPR re-certifications – Provided for & completed by staff
- ❖ Children's Health Fair
- ❖ Community Flu Clinic
- ❖ Heart Evaluations/ECG's
- ❖ Color Run
- ❖ End of school Water Day – PK-5th
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## **Required Screenings & Activities**

- ❖ Vision, Hearing & Scoliosis Screenings
- ❖ Fitness Gram Program
- ❖ Physical Education curriculum consistent with National & State standards

## **VII. Questions, Suggestions or Concerns**

None at this time – Students in the meeting were very complimentary of food and exercise programs

Heidi Cobb adjourned the meeting at 4:25 pm.

Minutes submitted by: Heidi Cobb

Minutes approved by: Melissa Clark