

School Health Advisory Council
2014-2015

Summary of Activities

April 14, 2015

We met 4 times - Oct. 29, 2014, Dec. 9, 2014, Feb. 11, 2015, April 13, 2015

We had 3 members leave the committee. (Wade Pyburn, Shelia Stephens, Lisa Mims)

We gained 4 members - Shelley Barron, Kellie Deters, April Martin, Amanda Talley.

Shelley Barron was elected as chairperson.

1. The council looked into creating a sub-committee according to HB # 1018. About 6 staff and community members were asked about serving on this sub-committee. It was very difficult to determine from the legislature what the duties of this sub-committee were to be. We did not have any additional meetings.
2. The council determined that quality recess time was essential for learning, social development, and physical activity. Communication was initiated with the teaching staff and feedback was received.. Introduced GoNoodle.com “brain breaks” activities to the staffs at elementary and MS. Some teachers were already using them.
3. The council was still concerned about offering some form of health class at the high school level. Mr. Chad Gee, HS principal, met with the council and explained the dynamics of scheduling student course selection, choosing from 5 endorsements, and the limitations of electives. It was agreed that health issues would be provided to high school students with videos during the lunch periods on the big screen, with guest speakers to cover diabetes prevention, mental health issues, and cardio problems, and with topics covered in certain classes such as teen leadership & consumer science classes such as sex-ed/sexuality issues.
4. Heart healthy videos were shown at the middle school campus and at the high school campus. These stressed the importance of exercise and healthy food choices.
5. The council recommended the showing of 2 videos related to the dangers and health implications of underage drinking to the JH and HS students. Alcohol continues to be a problem with all demographics of students.
6. The council promoted Every Kid Healthy Week in April by sending home to the parents of elementary and middle school students information about healthy family activities.
7. The council would like to encourage the campuses to promote organizations such as 4-H and scouting, which keep students active and moving.

