

SCHOOL HEALTH ADVISORY COUNCIL
2015-2016

Summary of Activities
April 13, 2016

We had 4 meetings: Sept. 29, 2015; Dec. 9, 2015; Feb.16, 2016 and April 12, 2016

Members: Shelley Barron, Kellie Deters, April Martin, Joe Prado, Ruth Tippie, Rachel Hilliard,
Della Hicks, Mona Clifton

❖ Focus this school year

For all campuses - a major concern is the issue of self-esteem - many students having sadness and depression in their lives and some are resorting to self-harming. The counselors at HS have new tools and resources to help students AND their parents deal with these issues, and will share with the district, as younger students are becoming more susceptible to these problems.

For elementary - activities to help learning and studying be more effective; with “brain breaks” such as “fidgeting foot bands”, “go noodle”, and how important recess is. Many discussions about moving the playground equipment to the new campus.

For high school - brought in DPS trooper from Abilene for a presentation on distracted driving/teenage drivers and texting and safety reminders.

For junior high - concern about the beehive near the JH campus - which was taken care of by the Maintenance Dept.

JH students need programs on manners, being courteous and kind, being respectful, improving self-esteem, and sexuality with informed choices.

❖ Discussed possible new members from the community/churches

For next school session - need healthy eating/good food choices presentations (possibly ask Todd Sanders)