

SCHOOL HEALTH ADVISORY COUNCIL

2018-2019

Summary of Activities

April 12, 2019

We met 3 times: Dec. 3, 2018; Feb. 12, 2019; and April 11, 2019

Members: Shelley Barron, Kellie Deters, April Martin, Allan Wendt, Joe Prado, Guinn Smith, Rachel Hilliard, Mona Clifton

- ★ **Attended Living Well Aware conference in Temple given by Dr. Patricia Sulak, MD and sent information on to all Staff about “Taking Ownership of Your Health” with scoring guidelines to determine where each individual’s wellness level is, and a chart to learn the 9 ideal “numbers” of lab tests, BML, waist in inches, etc. that each needs to discuss with their primary HCP. Complete wellness is not just exercise and diet, but based on 5 components (1) emotional (2) social (3) financial (4) spiritual and (5) physical.**
- ★ **Discussed safety issues, metal detectors, monitors, students crossing the street from the junior high to the high school and back. A cross-walk will be installed (thru city services) and students will be instructed and monitored to only cross in this area - for their safety.**
- ★ **Discussed the possibility of having tie-down bands/belts for classroom doors that open outward to add extra security, or door sleeves that add an additional locking device in case of an intruder or active shooter incident.**
- ★ **Contacted Kristin Tamminga, Stroke Coordinator, at BRMC, to speak to our staff/students about recognizing and initiating quick treatment when a person is having a stroke. (possibly during convocation or during a staff development day)**
- ★ **SHAC continues to believe that mental health is vital, and search for programs that will address the mental/emotional health of our students. Many students in our district at all ages have unusually stressful situations to deal with and some self-impose too much stress on themselves. Our counselors have initiated many steps to help alleviate student stress.**