

School Health Advisory Council
Administration Board Room
December 7, 2016
4:00 p.m.

Chairman John E. Hudson called the meeting to order and thanked the members for their attendance at this busy time of year. Sixteen members and one guest were in attendance. Mr. Hudson acknowledged the date as the 75th anniversary of the attack on Pearl Harbor. Members stood for a moment of silence in the honor of the more than 2400 lives lost during the attack.

Mr. Hudson introduced Janey Weber with the Texas A&M AgriLife Extension Service to discuss the Grow Into Health program provided for students in 5th grade PE in McGregor ISD. Ms. Weber said the program is taught during PE once a week for ten weeks for fifth graders. Parents are given a consent form before their child participates in the program. The program is designed to help combat childhood obesity and to teach students about healthy lifestyles. Students take pre and post surveys to gauge their learning and to monitor any lifestyle changes as a result of the program. Students participate in aerobic exercise and learn the benefits of strength training, My Plate (nutrition information such as filling your plate with a healthy balance of foods), drinking plenty of water, how to take their pulse, and how to read nutrition labels. After each session, parents are given a newsletter and students are given a homework assignment (Example: keeping a food log for a week). The students earn a point for turning in their homework during the next session. Students earn a color-coded rubber bracelet for each completed lesson and point earned. If they earn 8 points they win a new water bottle. For 10 points they get the water bottle and a bag. Ms. Weber said she loves McGregor ISD. She said she is so impressed with the students here. The students participate and turn in their homework at a much higher rate than at any other school in which she teaches the program. SHAC member Ty Finley remembered participating in the program as a fifth grader. Nurse Amanda Franks said her son is currently in the program and she has noticed a change in his behavior as a result. She said he is playing less X-box and being more active now. Ms. Weber provided time for Q&A and then chose to remain for the rest of the meeting.

Mr. Hudson gave a brief report from the Department of State Health Services. An outbreak of mumps occurred this fall in Texas with 10 cases reported over a short period of time. Nurse Angela Springer said the outbreak was in Johnson County, which is south of the metroplex. The local health department stepped in to try to contain the outbreak. Mr. Hudson said that mumps are highly contagious and have made a recent comeback since more parents are choosing not to vaccinate their children. The MMR vaccine is designed to prevent mumps, measles, and rubella.

Mr. Hudson reported that 278 people died in Texas during the period from October 1 through November 30 from pneumonia or influenza like illnesses. There was a spike in flu cases during the middle of November that has since waned. During the

past four years the flu season has spiked at its highest level during December, perhaps due to people spending more time indoors due to colder weather and to increased visitation during the holidays. McLennan and Bexar counties are reporting the highest numbers of confirmed flu cases in Texas at this time. Ms. Springer said the Elementary has reported some confirmed cases of the flu as well as some strep and stomach bug. Ms. Franks reported some strep at the high school.

Mr. Hudson reported that over 250 cases of the Zika virus have been confirmed in Texas this fall. On a troubling note, the first case of Zika believed to be caused by the bite of a mosquito was reported recently in the Brownsville area. All the other Zika cases in the state have been attributed to travel or other forms of transmission.

Mr. Hudson reported that the Board of Trustees approved at its November meeting the FFA(LOCAL) recommended at the last SHAC meeting that contains the changes to the Wellness Policy required by new federal guidelines. Since the board meeting, Mr. Hudson said he has been working on developing a framework for the District Wellness Plan using the new policy and a template provided by TASB. Mr. Hudson and Mr. Lenamon projected a copy the Wellness Plan framework and an example Wellness Plan for the SHAC members to review and consider. SHAC members expressed their approval for the Wellness Plan framework. Mr. Hudson asked the members to submit any ideas they may have for objectives, activities, resources, and obstacles to him as soon as possible. Mr. Hudson said he plans to call a principal's meeting in the near future to add details to the plan. The completed plan will be brought back to the SHAC for their consideration after the first of the year. Mr. Hudson said he wants the plan in place by the time the audit team arrives February 9. The audit team can then evaluate the plan and give feedback on recommended changes prior to the June 30 deadline for having it in place.

The meeting was adjourned at 4:52 p.m.