



Minutes
February 15, 2006

School Health Advisory Council

Minutes

Present: Scott Bauer, Karen Baughman, Jody Caldwell, Faith Casperson, Joann Clark, Victoria Constance, Hedges, Samuel Jones, Lynda Matthews, Janelle Murray, Ron Leach, Susan O'Neil, Marsha Porter, Julie Pauls, Debbie Zemanek, and Dr. David Norton (Chairman);

Ex Officio: Dr. Chris Hines, Dr. Cathy Gibson, Deanna Martin, and Lynn Zond

A light lunch was available for participants starting at 11:30 a.m. The Chairman, Dr. David Norton, called the meeting to order at 12:00 noon. Dr. Norton welcomed the members and thanked them for attending. The agenda was reviewed and noted that there was a full agenda featuring two vendors for the required Coordinated Health Program.

The first item was a presentation by Dr. Chris Hines on the Celebrate Fitness program in which Conroe ISD is participating. This program will be implemented at four elementary schools. Students in the 3rd and 4th grades from these schools are bused over to the YMCA for a day of fitness activities and fun.

The committee then heard from Bienestar and CATCH. Both of these programs are TEA approved and provide coverage for: Health Classroom Curriculum, Physical Education at the required levels, Child Nutrition and Family involvement. Bienestar comes for the San Antonio area and is organized to maximize efforts to prevent diabetes through the above elements.

The CATCH (Coordinated Approach to Child Health) program was presented next and it is the oldest TEA approved CHP and was developed from the physical activity perspective. This program has a well-developed physical activity component along with health, nutrition, and family components.

All three programs that were presented to the SHAC committee will be reviewed at our April 19 meeting so that we can discuss and develop a recommendation for CISD.

Deanna Martin spoke about the Think First Program that has been offered to the District. This is a comprehensive Injury Prevention Program which appears to be fairly well aligned with the District's curriculum in science, safety, and PE. The District is investigating how to make this program available to the schools.

Dr. Hines shared correspondence with Barbara Cargill of the State Board of Education. She is aware that recent legislation left the door open for TEA to create rules that would expand the Coordinated Health Program to K-8 rather than the previous K-5. Ms. Cargill requested our advice concerning moving in that direction. The conclusion reached by SHAC committee members is that coordinated health and the attendant physical activity requirements K-8 were appropriate. It was the SHAC's opinion that the implementation should be phased in with the input of campus officials to make sure that appropriate rules about sports, band, off campus PE, and other activities be developed.

The next meeting is scheduled for April 18. This date is a TAKS testing day and will require most of the teachers and administrators to be on duty at school; therefore, the date has been changed to April 14 in the large conference room at the Administration Building. Lunch will be served at 11:30 a.m. and the meeting will begin at 12:00 Noon.

The meeting was adjourned by Dr. Norton at 6:45 p.m.