

School Health Advisory Council
Conroe Independent School District

Minutes
March 8, 2007

Present: Bauer, Pauls, Casperson, Clark, Hime, Matthews, Murray, Leach, O'Neil, Zemanek, and Norton (Chairman); **Ex Officio:** Chris Hines, Cathy Gibson, and Deanna Martin. **Absent:** Baughman, Caldwell, Davis, McCarthy, Porter, Heges, Jones, Pauls, and Strickland.

The Chairman, David Norton, called the meeting to order at 4:05 PM. The Chairman welcomed the members and thanked them for attending. Next, the Chairman reviewed the Agenda for the meeting and noted that there were several important issues to discuss.

The first item was a review of the status of the CISD Coordinated School Health Plan by Deana K. Martin, CISD, Curriculum and Instruction. She reviewed our selection of the CATCH program for grades K-5 to be the framework for our plan. This is the plan that was recommended by SHAC to CISD. CISD has scheduled several June sessions for classroom teachers and child nutrition workers be trained in CATCH. She also indicated that in the near future it appeared that TEA would require that the plan be extended to K-8. CISD is awaiting official TEA determination of acceptable plans so that materials for 6-8 teachers could be selected and training scheduled.

Next, Deanna Martin reviewed a Guide to Teaching the Health TEKS developed to make sure the required Health TEKS (Texas Essential Knowledge and Skills) could be taught. This guide was developed by the CISD Curriculum and Instruction Department as an aid for elementary and intermediate principals. The guide is a collection of some 150 model lesson plans covering the Health TEKS from grades 3-6. The lesson plans are divided into sections that can be taught by staff members in science, PE, social studies, counseling, and the school nurse. She reviewed several of the lesson plans that dealt with sensitive issues such as: human anatomy, puberty, sexually transmitted diseases, drugs and gangs. Appropriate district policies are incorporated into the lessons.

Dr. Hines next reported on the Texas School Drug and Alcohol Survey. Conroe ISD participated in this survey at six High Schools: Conroe; Caney Creek; Oak Ridge; The Woodlands; College Park The Woodlands; and Hauke Alternative School. Dr. Hines reviewed the student drug use and the trends in the nation compared with CISD. Although there has been some progress in certain areas, alcohol and marijuana use have not slowed. Research has shown that parents and schools can help by setting boundaries, expectations and involvement in children's lives.

Next, Faith Casperson, CISD lead nurse, presented the State Obesity Strategies. She pointed out that obesity was, in part, a cultural and a societal problem that would require a long term approach. Programs like CATCH include a nutrition education

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component. In the discussion it was pointed out that the CISD Child Nutrition Department is providing food choices within the state guidelines. Further, the district had removed most of the Foods of Minimal Nutritional Value vending machines in K-8 schools.

Finally, Dr. Norton thanked all SHAC members for their attendance. The date for the final meeting of this school year was discussed. It was decided that we would meet at CISD on May 3, 2007 at 4:00PM. We will be in the Administrative Conference room located on the first floor of CISD at 3205 West Davis in Conroe.

The Meeting adjourned at 5:15 PM.

Submitted March 21, 2007, by:

David J. Norton

David J. Norton
SHAC Chair