

**School Health Advisory Council
Conroe Independent School District**

**Minutes
January 10, 2008**

Present: Victoria Constance, Amish Bakta, Scott Harper, Ellen Baskin Fiesinger, Forstine Morris, Jack Lesch, Ronnie Peacock, Chris McCord, Faith Casperson, Joann Clark, Lynda Matthews, Janelle Murray, Karen Baughman, Sheryl Hime (Chairman). **Ex Officio:** Chris Hines, Cathy Gibson, Gale Drummond, Deanna Martin. **Absent:** Susan O’Neil, Lata Joshi, Kelly Wortham, Sherry Sunderman, Donald Strickland,

The Chair, Sheryl Hime, called the meeting to order at 4:30pm.

The first item was an update on vendor product choices by Chris Hines, CISD Associate Superintendent. Dr. Hines reviewed the new Texas Department of Agriculture Guidelines which will go into effect in 2009.

Debbie Zemanek, CISD Director of Child Nutrition, provided information about the Texas Public School Nutrition Policy. Next, she described the new CISD Nutri-Café online resource parents can access from the CISD website.

Ronnie Peacock, CISD Athletic Director, provided an update on the annual physical fitness assessments for students in grades 3 through 12. On January 2, 2008 CISD staff were trained on administering FITNESSGRAM, the state approved fitness assessment. Some elements of the assessment include a pace test in K-6th grades and a mile run in junior and senior high. CISD will submit a press release to local newspapers about the fitness assessment before it begins. Mr. Peacock also presented an update on the Texas Fitness Now Grant.

Ronnie Peacock provided additional information on state-wide steroid testing of students in UIL athletics. It is anticipated that testing will begin in January. The test identifies 16 anabolic steroids.

Victoria Constance, Executive Director of Children’s Safe Harbor, presented information about several programs including “P.S. It’s My Body” and “Darkness to Light”. These programs teach children strategies to recognize, resist, and report sexual abuse.

Karen Baughman, Lead CISD Health teacher, presented information on the AIM for Success program; the program will be presented to Conroe High School freshman in March of 2008.

Finally Sheryl Hime thanked all SHAC members for attending the meeting. The next meeting will be March 6, 2008 at Oak Ridge Elementary.

The meeting adjourned at 5:30pm.

Sheryl Hime

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SHAC Chair