

# Conroe Independent School District

## School Health Advisory Council Meeting

November 11, 2009

**Present:** Karen Baughman, Faith Casperson, Chris Hines, Lynda Matthews, Chris McCord, Susan O'Neil, Mary Kerschbaum, **Absent:** Amish Bhakta Victoria Constance, Scott Harper, Sheryl Hime, Robyn Hughes, Lata Joshi, Ron Leach, Jack Lesch, Tracy MacEwan, Forstine Morris, Ronny Peacock, Sherry Sunderman, Donald Strickland. Cindy Weller. Kelly Wortham. **Ex Officio:** Gale Drummond, Cathy Gibson, Deanna Martin.

### 1. Welcome (Mary Kerschbaum)

Mary Kerschbaum welcomed members of the Council to the meeting. Being Veterans Day, it was a great day to come past the entrance of McCullough Junior High and see the display by the students in the front yard of the school. Students displayed posters dedicated to Veterans which are strung between the trees. It is an awesome display of patriotism to the community.

Mary also talked about an open registration spot for the TAHPERD Convention in December. This spot can be filled by a health or P.E. teacher. The Convention covers physical education and health topics for teachers. Currently, there are 15 teachers signed up to attend the conference.

### 2. Elect a Secretary (Mary Kerschbaum)

This item was tabled until our next meeting. Mary would like to add a secretary to our council to record the minutes so she can better lead the meeting discussions.

### 3. H1N1 Update (Faith Casperson)

Faith provided a hand-out of current information on H1N1. The highlights include: Absences are decreasing, 20 – 30 are out at one time instead of 60+. Sixteen individuals have died in the Houston – Galveston region. The average age was 34 years. 89% had an underlying condition. 52% were Hispanic. Pregnant women are the #1 priority and are most at risk. Mid December through February is the height of flu season in Texas. The regular flu shot will not protect you from the H1N1 flu. It is a novel flu and pulmonary based disease. If you desire a hand-out from Faith, please contact Mary, she had extra from the meeting.

### 4. Coordinated School Health Plan/Campus Improvement Plan Update (Mary Kerschbaum)

Mary handed out two sheets of information compiled from Fitnessgram data. One that showed Cardiovascular Fitness and TAKS Achievement by County and one that showed BMI and TAKS Achievement by County. Montgomery County showed high achievement levels of TAKS and high level of Cardiovascular Fitness, as well as, a high achievement of TAKS and low BMI score. CATCH is the Coordinated School Health Plan that has been adopted for our school campuses and Fitnessgram is the testing tool used to evaluate healthy fitness zones for our students in grades 3-12. If you desire a hand-out of this information, please contact Mary, she has extra hand-outs available.

The meeting was adjourned at 4:55pm. The next meeting will be held February 10, 2010 at 4:15pm in at the Administrative Building in Conroe. Exact room TBA.

