



CONROE
INDEPENDENT
SCHOOL DISTRICT

School Health Advisory Council

Meeting Minutes

April 27, 2021

Welcome and Call to Order

Dr. Winkler and Mr. Haymark

**Review and Approval of Minutes
01/29/21 & 03/05/21**

Dr. Price

- Motioned: Chris McCord
- Seconded: Denise Cipolla
- In Favor: 25 Votes

Emergency Preparedness: Presented by Yessica Colin Tablas (Texans Recovering Together Program)

- Thunderstorms
 - Remember the 30-30 Rule before you go outside during a thunder storm.
 - Count to 30 seconds once you have heard thunder and see dark clouds
- Hurricanes
 - Have a disaster plan
 - Store important documents in a waterproof unit
 - Review and know evacuation routes
- Winter Storms
 - Wear proper clothing
 - Store food in the trunk of a car
 - Use kitty litter to move tires when needed (causes friction)
 - Have plenty of blankets nearby
- Create a Plan of Action
 - Have a point of contact for someone out of town
 - Have disaster relief discussion with family members
 - “My Family Communication Plan”: Name, address, out-of-town contact, doctor, fire department, & emergency hospital contact
 - Create a plan for pets
 - Place the following items in a zip-lock baggie for emergencies: photocopies of identification, spoon, fork, baby food, medicine, & eye glasses
- Common Reactions
 - Anxiety from raw power of nature

- Nervousness
- Trauma
- Physical Symptoms: headaches, stomach aches, chest pain
- Tips to Cope with Common Reactions
 - Give yourself time to adjust
 - Avoid making life decisions
 - Communicate your experience
 - Ask for support
 - Eat well-balanced meals

Meeting Dates: 2021-2022 – Presented by Mr. Haymark

- October 2021, January 2022, April 2022, June 2022

Meeting Format: 2021-2022 – Presented by Dr. Price

- **Poll**
 - Voting Statement: “As we plan for 2021-2022 SHAC Meetings, please complete poll regarding your preference of virtual (Zoom), in-person, or a hybrid of both.”
 - Majority Voted Combination of Both

Future Topics: Presented by Dr. Winkler and Mr. Haymark

- June: Wellness plan presentation and vote
- Next Meeting Date:
June 17, 2021

Meeting Adjourned: Presented by Mr. Haymark

- Motioned: Dr. Horton
- Seconded: Dr. Upshaw

- **Attendance**

- Dr. Shellie Winkler
- Wade Haymark
- Dr. Chris Hines
- Gregg Colschen
- Dr. Hedith Upshaw
- Janice Lovelace
- Denise Cipolla
- Dr. Terri Benson
- Dr. Kella Price
- Ian Agmata
- Kelly Locke
- Chris McCord
- Dr. Robert Horton
- Manuel Texidor
- Ana Lanni

- Sameera Zaidi
- Deborah Kubicek
- Katie Meyer
- Jessy Orlando
- Robyn Hughes
- Dr. Chris Povich
- Michele Hanes
- Rod Chavez
- Barbara Robertson
- Dr. Debbie Phillips
- Samantha Tworek
- Rolly Chawla
- Olivia Westover
- Bryce Spear
- Barbara Robertson
- Joe Daw
- Kimberly Buck
- Stacie Jahn

