

**LONE OAK ISD FEBRUARY 13, 2014 STUDENT HEALTH ADVISORY COUNCIL (SHAC)  
MINUTES**

**Members present: Tommy Boyer, Meredith Oakes, Michelle Gilbert, Gail York, John Dooley, Leannette Davies, Laurie Daniel, RN**

**Members absent: Brenda Standifer, Robert Cook, Kim White**

**Minutes recorded by: Laurie Daniel, RN**

**Guest Speaker: Victor Cheatham**

**The meeting started at 2:05 pm with Laurie Daniel, RN welcoming the new members to the SHAC. Each member introduced himself/herself. The meeting was then turned over to guest speaker Victor Cheatham from Region 10.**

**Mr Cheatham presented a powerpoint entitled *Ten Things You Should Know About School Health Advisory Councils*. He began by stating that each SHAC is made up of the 8 components of Coordinated School Health. These 8 components are: health education; physical education; nutrition services; health promotion for staff; healthy school environment; counseling/psychological/social services; health services; family/community involvement.**

**It is important to find a local issue that has the community's attention in order to jumpstart a SHAC. This can be issues regarding risky behaviors of students, obesity rates, sexual abuse issues, etc. He reported that Judge Bench sees a lot of sexual abuse cases from Hunt County and now provides sexual abuse training to the schools and communities. The program is entitled *Darkness to Light*. The training manual was passed to each SHAC member to view. This was discussed as a possible SHAC topic for a future meeting.**

**He discussed that the majority of SHAC members must be parents in the district that are not employees of the school district. He pointed out that the District Nurse should take on the duty as Coordinator and Chairperson of the Council and that we will need to discuss a parent taking on the Co-Chair position at our next meeting. SHAC's are only allowed to advise and make recommendations to the district and school board on issues that impact student health.**

**Each school district should have developed and implemented a Wellness Policy in 2006. Lone Oak does have a Wellness Policy. Each member will be presented with a copy of the Wellness Policy in the SHAC notebook that they will receive at the next scheduled meeting.**

**Mr Cheatham stated that a champion on the school board can be very valuable and can make it much easier to work with the school administration. He also stated that one parent champion is good but two parent champions are better. If we can identify two parents who have a passion for healthy children, they will help promote school health and ensure that our SHAC is successful. He suggested working with existing groups such as the PTA and other youth groups. This can help recruit good members, find support for initiatives and educate the community on issues and solutions. As a SHAC we must be patient, plan for short-term and long-term goals and celebrate success.**

**He provided the group with several supportive resources and ended the presentation with a quote from Fredrick Douglass. "It is easier to build a strong child than it is to rebuild broken men"**

**A question and answer session was then heard. Mrs Gilbert asked if the school board is required to listen to the SHAC's recommendations. Mr Cheatham reported that they are required to hear recommendations from the SHAC, but they are not required to carry out the recommendations.**

**Mrs Gilbert also asked if it was ok for churches to be involved with the SHAC and schools. Mrs Davies addressed the question and stated that it is ok for churches to be involved as long as they go through Administration and understand that they can not present their religious beliefs to the students or staff.**

**The next meeting was set for March 20, 2014 at 2:30 pm in room 13 at the high school.**

**Meeting adjourned at 3:15 pm.**