

Hitchcock I.S.D.  
Student Health Advisory Council  
Quarter II – 2008-2009  
January 29, 2009

**SHAC Meeting on January 29, 2009 at Crosby Middle School Library from 4:00 PM - 5:30 PM.**

Introductions/Attendance- this is a volunteer Council and we will meet quarterly or more frequently if needed. Attendance roster is on each table to sign in. Meeting announcement posted on H.I.S.D. website to encourage parents to attend.

I. Old Business:

- a. Review of students and needs identified at each campus. Committee members worked together and supplied items to meet the needs for families in our community through the holidays. Most families called the committee members to thank them for their support and to let the committee know they were back on their feet and did not need services.
- b. Immunizations- Texas Department of Health will be providing the updated immunizations needed for the next school year- 2009-2010. This will be posted on the H.I.S.D. website. Letters will also be sent home with students who need immunizations for the school year 2009-2010

II. New Business:

- a. Services t At-Risk Youth (S.T.A.R)- presented by Teresa Holmes, LVN- this program provides short-term, solution-focused counseling to youth and their families in Galveston County. Anyone from ages 0-17, who are at risk of runaway, truancy, homelessness or family conflict may register. This is a State funded grant, so the only cost to the families is time. To request services: 1-800-267-4994. High School had approximately 20 families that registered last week. This program went smoothly.
- b. Curriculum on drug/alcohol/sex education: Council agreed the program we have Glencoe health at the High School is sufficient and teaches all topics, if the text book is followed. This is the same program Crosby Middle School uses. Council does recommend being more aggressive with the teaching of self esteem, abstinence, sex education and drugs and alcohol. Will work at gathering statistics on number of pregnancies at high school, cost of STD treatments and stats of STD in Hitchcock.

- **Plan –**

- Add full time Health to Middle School – by the time students are in the 7<sup>th</sup> 7 8<sup>th</sup> grade peer pressure has increased, we need to increase the knowledge and support of our 5<sup>th</sup> & 6<sup>th</sup> graders to help them with their decision making skills.
- Build self esteem in 3-5<sup>th</sup> grade. Expect Respect is the curriculum we will look at next month.
- Changing lives 4<sup>th</sup>-5<sup>th</sup> grade

- 6th – 7<sup>th</sup> grade present the facts – disease, safety, outcomes and continue with self esteem building.
- 8<sup>th</sup> grade – every Friday have Health Class to re-iterate all they have learned in Jr. High and to prepare them for High School.

c. Community Outreach: working towards next quarter to have vendors put together to present health fair day at each campus. Looking at vendors who will present on self esteem, immunizations, nutrition, physical trainers, Aids awareness, abstinence, ChiP, WIC, first aid etc. viewing of Girl Power for 8<sup>th</sup> – 12<sup>th</sup> graders.

### III. School Health Program

a. Nutrition lesson plans provided by Chartwells given to elementary and middle school teachers. Health & Wise will continue.