

Hitchcock I.S.D.
Student Health Advisory Council
Quarter IV – 2008-2009
June 4, 2009

SHAC Meeting via email to close school year 08/09.

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

I. Old Business:

a. Community Outreach:

PTO has been organized at the Jr. High level with success. This program will continue to grow as staff and parents continue support. Parents are requesting for summer meetings to keep updated.

b. Immunizations- All of 6th graders have been notified by letter of upcoming immunizations for next year. This is also posted on the H.I.S.D. web site.

c. 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.

d. Health Fair @ Crosby:

- Chartwells presented nutrition and exercise.
- Sextexting-the law and risks of this presented.
- Dating violence/Healthy relationships presented.
- Underage drinking presented
- Teen pregnancy/abstinence presented.

New Business: Next School Year:

Plan – Continue to work towards this age group of increasing knowledge in the areas of abstinence, violence, self-esteem, respect etc.

- Add full time Health to Middle School – by the time students are in the 7th 7 8th grade peer pressure has increased, we need to increase the knowledge and support of our 5th & 6th graders to help them with their decision making skills.
- Build self esteem in 3-5th grade. Expect Respect is the curriculum we will look at next month.
- Changing lives 4th-5th grade
- 6th – 7th grade present the facts – disease, safety, outcomes and continue with self esteem building.
- 8th grade – every Friday have Health Class to re-iterate all they have learned in Jr. High and to prepare them for High School.

II. School Health Program

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