

PISD Student Health Advisory Committee
November 10, 2014
Minutes

TYPE OF ITEM (Presenter)	ITEM	ACTION
Pam Wilson, Special Education Specialist	Co-Chair election	Parent committee member, Tiffany Travis, representing Lawhon Elementary, volunteered to serve as Co-Chair. With no other recommendations or nominees, the group voted to select Tiffany as the co-chair of this year's SHAC.
Food Service Director Dorothy Simpson	Meal Time Study	<ul style="list-style-type: none"> • Dorothy Simpson provided follow-up information on Meal Time and Plate Waste studies based on input and requests from the year's first meeting in August. • She will email official results to the committee at a later date but summarized that they have begun the Meal Time study, focusing on elementary and middle schools. • It was determined that on average elementary students in PISD have from 18-27 minutes to consume their meals. • More review is necessary and recommendations will be provided to improve the length of time students have to eat. Possible suggestions may include adding additional cash registers. • Following the holiday break Dorothy and her team will begin conducting the Plate Waste study.
Kim Orsak, Lead PE Teacher	FitnessGram, CPR Requirements	<ul style="list-style-type: none"> • Kim Orsak shared PISD's CPR Plan to meet the state of Texas' recent CPR in Schools training requirements. All students are

		<p>now required to learn Hands-Only CPR at some point between the 7th and 12th grade.</p> <ul style="list-style-type: none"> • Kim also provided an overview of FitnessGram 10 and its new improvements, additional benefits and new features. A handout was provided detailing the new functions. • Kim shared with the committee that the Presidential Youth Fitness Program has adopted the FitnessGram software. Students will be measured on a more holistic approach to overall health and wellness and encouraged to be in the “healthy zone” vs. quantifiable measure of actual physical exercises. • Questions from the committee arose requesting more details about how the FitnessGram information can be shared with parents and utilized at home. Several suggestions were offered to increase communication about FitnessGram and to possibly have the info sent home with parents either in folders or in emails directly to parents via Skyward, or possibly in the monthly newsletter sent home.
<p>Lead Nurses Karen Broussard and Ruth Dinhobl</p>	<p>Thermometers</p>	<ul style="list-style-type: none"> • Karen Broussard and Ruth Dinhobl shared with the committee that the district purchased “Forehead Contact Only Thermometers” to reduce the potential spread of communicable diseases. • Each campus throughout PISD now possesses one of the new thermometers.

Student Reps	Sleep in teenagers	<ul style="list-style-type: none"> • The two high school student reps shared with the committee that on average they only get 4-6 hours of sleep. • Numerous friends of the reps frequently reported that they sleep less than 4 hours a night. • Homework, extracurricular activities and stress to perform well academically were the primary reasons given for lack of sleep. • Information was shared about an upcoming parent night on November 20th that focuses on creating balance in families.
Pam Wilson, Special Education Specialist	SHAC goals and measurement criteria results (handouts) http://www.pearlandisd.org/departments.cfm?subpage=40111 Wellness Policy	PISD did not have an updated wellness policy on file and recommended the committee review several other wellness policies from other districts. The committee was advised to review and provide suggestions via Google Docs. A link to the site will be provided to the committee.
Pam Wilson	Future Topics	Wellness Policy
Meeting Dates/Times		Meetings will be held in Conference Room E from 4:00 until 5:00 on the following dates: February 9, 2015, and April 13, 2015.

XC: Dr. John Kelly, Superintendent
Mrs. Nan Weimer, Deputy Superintendent
Dr. Brenda Waters, Assistant Superintendent for Elementary Education
Mrs. Sonia Serrano, Assistant Superintendent for Intermediate Education
Mr. Don Marshall, Assistant Superintendent for Business
Mr. Cary Partin, Assistant Superintendent for Support Services
Mrs. Tanya Dawson, Counsel
All Principals; All Directors