

**Student Health Advisory Council**  
**Annual Report**  
**2014-2015**

The Student Health Advisory Council (SHAC) is composed of a parent representative from each campus, nominated by principals and approved by the Board of Trustees. Other members include a teacher representative, PE Coordinator Kim Orsak, Food Service Director Dorothy Simpson, a student representative from the high schools, and PISD's two lead nurses (Ruth Dinhobl and Karen Broussard). The council co-chairs are Assistant Superintendent Dr. Nyla Watson, PISD Specialist Pam Wilson and parent representative Tiffany Travis.

The SHAC held four meetings: September 22, November 10, February 9, and April 13. The following are summaries of the meetings:

September 22:

- Introduced SHAC members and reviewed the role of the SHAC.
- The committee reviewed the goals of the SHAC and accountability measures.
- Dorothy Simpson discussed Smart Snack guidelines with the committee and followed up with Principals regarding restrictions on food sold vs. food items that are given away on campuses.
- Lead nurses updated the committee on West Nile Virus and Enterovirus D68.
- Future topics: sleep in teenagers, meal times and food waste.

November 10:

- Tiffany Travis was elected as co-chair.
- Dorothy Simpson provided the committee with the results of her Meal Time Study. Her team will continue to work with campuses to improve the length of time students have to eat.
- Kim Orsak shared PISD's CPR plan to meet the state's new requirement. She also provided an overview of FitnessGram 10.
- The lead nurses informed the committee about the district's purchase of "forehead contact only" thermometers to reduce the potential spread of communicable diseases.
- The student members shared with the committee the lack of sleep teenagers receive due to a variety of reasons. Information was provided to the committee about an up-coming parent night that would focus on creating balance in families, which might help with the lack of sleep.
- Pam Wilson asked the committee to review PISD's current wellness policy. It was decided the committee would take on the task of updating the policy this school year.

February 9:

- A guest from the Texas Attorney General's office – P. A. P. A. division, attended the meeting and was introduced. She offered to support efforts throughout the district to communicate health and wellness information for pregnant teens.

- Dorothy Simpson provided follow-up information and next steps to outcomes of her Meal Time study.
- The lead nurses shared information about an HPV Vaccination summit.
- The committee looked at other districts' wellness policies. Ideas were discussed and Tiffany Travis volunteered to create a draft to share at the next meeting.

April 13:

- The committee reviewed and accepted the draft of the Wellness Policy. The draft will be submitted to TASB for approval.
- Future topics and projects were discussed for 2015-2016.