December 15, 2014 SHAC Meeting

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| * **Welcome/Sign-In** |
| * **Review any new topics, ideas, concerns** * **2014-2015 Influenza: What is SISD doing to prevent the spread of the flu?** * **Public School Health Workshop information** * **Health Fair?** * **Discuss Upcoming Activities, Events, Etc.** |
| * **Closing** |
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**Agenda**

**SHAC Meeting**

**Silverton ISD**

**12/15/14**

**2:15 PM**

Meeting started at 2:15 PM. Members present: Shandy Beedy, Efrain Gonzalez, Clyde Parham, Chantell Francis, and Patsy Towe.

Influenza virus discussed in detail. Prevention practices used at SISD and ways to improve the spread of infection in our school reviewed.

Chantell Francis asked if we could get Clorox wipes for all of the classrooms. Council agreed that would be a good idea.

Shandy Beedy talked about recent School Health Workshop she attended and some of the topics that were discussed there. Members talked about burnout for teachers and students. Everyone brainstormed ideas to prevent burnout and ways to incorporate stress relief for staff. Patsy Towe stated one year they had 15 minute chair massages for teachers in her office.

Council voted to have a health fair in the spring. March 9th was chosen for the date with February 23rd being the backup date. We will talk with FCCLA about having a healthy food station and having snacks/meal for students and parents. Shandy stated she would talk with contacts at the health department for help with the health fair. Efrain stated we could incorporate Jump Rope for Heart at the health fair and have a demonstration night for parents to come see. Discussed different incentives for the older students to participate in the health fair.

Our next meeting will be on January 19th at 2:15 PM.