 October 25, 2017 SHAC Meeting

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| * **Welcome/Sign-In**
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| * **“Shattered Dreams” program review**
* **“Point to Healthy” wellness challenge**
* **Open discussion**
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| * **Closing**
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**Agenda**

**SHAC Meeting**

**Silverton ISD**

**10/25/17**

**2:45 PM**

Meeting started at 2:45 PM. Members present: Shandy Beedy, DeLysa Maciel, Michelle Francis, Jade Holt, Clyde Parham

SHAC reviewed the recent “Shattered Dreams” program. Molly Forman could not be present at the meeting, but wanted to let everyone know that it was a huge success. Also, she wanted to express her thanks for all of the help from the SHAC and school personnel.

Shandy updated the committee on the staff wellness challenge that was started on October 16th. The “Point to Healthy” challenge incorporates exercise, nutrition, and other steps you can take to improve your overall health. The goal is to implement healthy practices (daily steps, exercising, food log, water intake, and sleep) into the staff’s daily routine for a better, healthier self!

SHAC reviewed fall activities that have been done or are scheduled to take place. Those mentioned were: flu shots, wellness screening on Nov 20th, blood drive, red ribbon week, “Random Acts of Kindness” lunch held by FCCLA students, open house (part of Title 1 parent involvement), 5th grade Ag Day, JH hygiene packs, select staff became UDCA certified, HS motivational bin in the hallway

 Shandy reported that there will not be a health fair due to dates and times not working out with SMHS. SHAC suggested teaming up with the science fair that will be held in the spring and have a few health booths available at this. Shandy will get with Amanda Miller to discuss possibilities.

Meeting closed at 3:15 PM.