 September 18, 2019 SHAC Meeting

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| * **Welcome/Sign-In**
* **SHAC Basics**
* **Jane Kitten Presentation**
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| * **2019-2020 Goals**
* **Open Discussion**
* **Closing**
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**Agenda**

**SHAC Meeting**

**Silverton ISD**

**9/18/19**

**3:00 PM**

Meeting started at 3:00 PM. Members present: Shandy Beedy, Jane Kitten, Ashley Knight, Kylie Brock, Michelle Francis, Michael Hayes

Shandy welcomed everyone for coming and presented a brief overview of what a school health advisory council is and the requirements for a SHAC.

Jane Kitten was introduced. Jane is from *the Cody Stephens Go Big or Go Home Memorial Foundation* and was at school all day performing ECG heart screenings for anyone in grades 6-12 who signed up as well as any staff or community members. Silverton ISD paid for students and staff ECGs and the community members paid $20. A cardiologist from the foundation will interpret the ECGs. There was a total of 44 ECGs performed: 30 students, 9 staff, and 5 community members. Jane spoke about the foundation and how it was founded. She also spoke about the differences in sudden cardiac arrest and myocardial infarction (heart attack). Jane presented the SHAC with information on purchasing a personal ECG machine for the school and the benefits of having one. The SHAC thanked Jane for her time and for speaking.

SHAC discussed 2019-2020 yearly goals. “Wellness Wednesday” already incorporated into school year. Molly Forman will also start “Fresh Start” program for school staff in October and hopefully have these on “Wellness Wednesday” as well. Shandy will speak with Mrs. Coffey about JH CPR/AED condensed course in her 8th grade careers class. Shandy will also look into a program/curriculum for JH sexual education. The SHAC all agreed that something more advanced should be presented to JH students after the 5th grade sexual education talk and before 9th grade health class.

Molly Forman (not present) also wanted the SHAC to know that she will be starting a new program for HS and possibly 8th grade as well. This program will be an optional free lunch held at the Baptist Church once a month where special topics will be presented and discussed. Boys and girls would be separated and topics would include items such as, vaping, teen dating, cyber bullying, etc. Molly asked the SHAC our thoughts on including 8th grade and any topics that we thought were appropriate and/or needed. SHAC thought 8th grade should be included, however, separated from HS students.

No further items were discussed.

Meeting closed at 3:45 PM.