



Keller Independent School District

School Health Advisory Council Meeting

Meeting Minutes, January 25, 2018

The SHAC met on January 25, 2018 at 8:15 am in the Lonestar Room at the Education Center. There were 11 present.

Sheri Rich presented on Employee Updates

- KISD Wellness Center- no fee for employee, spouse or child over age 2 unless on the high deductible plan (\$25.00), free coaching
- Go Red- Feb 2- all encouraged to wear red and donate to the American Heart Association
- KISD Employee Health and Wellness Fair- Feb 3 from 2:00 pm- 5:00 pm
- Healthy Wage- 12 week weight loss challenge for staff. Teams of 5 compete against each other. Winning team in Keller will win \$1500. Teams have a chance to win overall \$10,000. Runs Jan 26- April 20.

Anita Peden presented on Child Nutrition Updates

- Feb on M-W-F, cafeterias will be offering red fruits and vegetables and signs on how they contribute to heart health
- Feb 14- All first responders can eat a breakfast or lunch free
- Future Chef Competition- 4<sup>th</sup> and 5<sup>th</sup> graders. Winner- prize basket with a IPAD mini. Winner moves on to regionals
- Working on correcting carb issues

Andrea Owens, RN presented on Telemedicine

- 17 campuses currently participating
- Online enrollment link
- Opt in program
- Student can be seen by nurse practitioner or pediatrician in clinic
- Nurses can now perform flu and strep testing

Cindy Parsons, RN updated the group regarding the Be Prepared! Stay Healthy! Event happening on Feb 27<sup>th</sup> at KCAL from 4:30 pm- 7:30 pm. Event will include CPR Skills, Stop the Bleed certifications, First Aid training, kids activities, vendors, Careflite, etc