



Keller Independent School District

School Health Advisory Council Meeting

Meeting Minutes, January 24, 2019

The SHAC met on January 24, 2019 at 8:15 am at the Education Center. There were 12 members and 3 guests present.

Guest speaker, Alyssa Witt, MPH from the Texas A&M Agrilife Extension Service provided an overview of program offerings. She stated that Texas is the 14th most obese state and has the 7th highest childhood obesity rates.

- Walk Across Texas- WAT is an eight-week program to help people of all ages support one another to establish the habit of regular physical activity. Teams of up to eight people, school classes or individuals virtually walk 832 miles across Texas. WAT is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services. Lesson are provided, but optional.
- Texas Grow! Eat! Go! - 10-week nutrition program. It is offered for Grades 3-5 and students learn about nutrition and plants through building, planting and maintaining a garden bed.
- Healthy Texas Youth Ambassadors- program is for high school students who would serve on the Tarrant County Youth Health Coalition. The role of the students would be to help community leaders identify school and community health needs and assist in program development. The students would be trained in health topics and leadership.

Department Updates:

Health Services-

- All campuses, except KCAL and NDLC, have students enrolled in the Telemedicine program. 31 schools have had Telemed visits this school year. The program is going very well.
- Flu is on the rise and the district is beginning to see an increase in confirmed flu cases in the district.

Employee Wellness-

- February 1st is GO RED DAY! for all students and staff. District employees are asked to wear RED in support of the American Heart Association.
- Monday, February 18, the district will begin the Couch to 5K in support of Casey's Kids Fun Run, which will be held on March 30 at Bear Creek Park. This is a free 6 weeks program for all employees and community members. To sign up, employees and families can go to:
<https://runsignup.com/Race/TX/Keller?CaseysKidsFamilyFunRun5K>

Child Nutrition-

- Every MWF in February, Sodexo will feature a red fruit or vegetable on the line. Some days there will be samples.
- February 1st- anyone wearing a district sponsored red shirt will get a free lunch.
- February 11-15 First Responders can get a free Breakfast or Lunch.
- March- A to Z Salad Bar- one fruit or vegetable will be showcased every day.

- Future Chef competition will be happening again. 4th or 5th graders can submit recipes. The theme this year will be “Healthy Mexican Foods”. Winner will go on to Regionals competition. Students can get information on registration from the campuses.
- Families effected by the government shutdown can apply for free-reduced lunch if needed

Physical Education-

- March 2nd- cup stacking tournament
- Next school year, VRMS, ISMS and Timberview will have an athletic class offering for 6th graders
- All 8th grade students will be receiving CPR training through their advisory class

Counseling-

- Stress Reduction series will be offered for staff by Sarah Sampson. The current class is full, but there will be another offering in the spring.
- RISE UP Summit will be held on June 10th and 11th.
- Working with North Texas Crisis Center to provide suicide screenings for 11th grade students