

Minutes for Hooks ISD School Health Advisory Council Meeting held on May 17, 2023, at the Hooks ISD Administration Building in the Board Room.

The meeting was called to order at 3:47pm by Lisa Godfrey.

Participates were informed the meeting was being audio recorded per Texas requirement. Participants were thanked for attending the final meeting of this school year. Attendance taken by each person stating

their name, position and if they are a parent. Persons in attendance:

Lisa Godfrey, District Nurse, Tracy Cook, Asst. Superintendent, Judy Cochran, Accounts Payable/Community Rep., Taylor Clements, Federal & Special Programs Coordinator and parent and Debbie Krueger, Jr High Counselor and parent.

First item for discussion: Follow-up of the Wellness Assessment posted on the website. Mrs. Clements and Mrs. Cook presented everyone with a copy of the assessment results. There were 69 responses recorded.

91.3% of respondents felt district students have adequate access to adequate and appropriate health instructions and physical activities promoted and students at all grade levels. 95.5% of respondents think nutritional education and guidelines should be promoted and provided. 84.4% felt health and wellness promotion is implemented and made available to students, staff and community. 10.1% answered they were interested in participating in SHAC .

Areas of health concerns for students and community listed were:

Covid, flu and viruses.

Hygiene practices of some students

Mental Health

Abuse: physical and mental

Nutrition

Obesity

Student exercise

Recess time and the loss of recess time as a form of punishment.

Sleep

Medical access

Heart Issues, Strokes,

Cancer

Seizures

The council discussed how some of the concerns were already addressed but how more is needed for the community aspect of health teaching.

We do have stations that make personal care products available to students. Mrs. Cook suggested an informal gathering of information on the amount of recess and/or exercise privileges and if any of this time is withheld as a form of punishment on the Elementary Campus.

Mrs. Clements stated the State was considering an option to reward students with more outside time and longer recesses for good performance.

The next item discussed: Wellness Activities during the school year.

Teacher snack bins, which are still a hit. L.Godfrey stated SHAC would provide end of the year snacks for teachers since we did not get them together for Teacher Appreciation Week. J. Cochran stated the presenter was

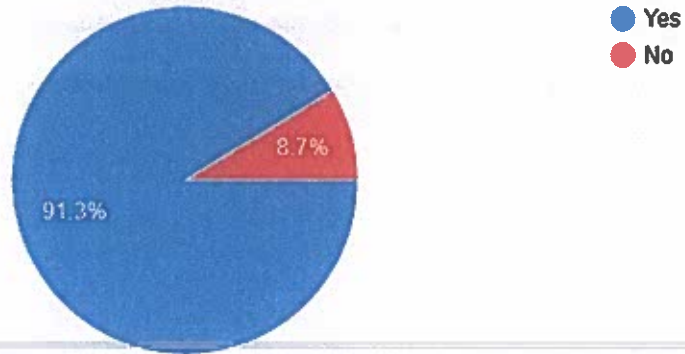
beneficial at the Senior Luncheon. She provided some incredibly valuable information. It was also mentioned that SHAC provided chair exercise slider cards and pens at the February Community Lunch.

New Business: Mrs Clements shared the possibility of teaching students the use of AEDs, no final word as of yet. We touch on the use of AED in the Hands Only CPR for Seniors. Mrs. Cook suggested we send out a survey to staff regarding health concerns after the 1st 6 weeks, this would provide insight into area that need addressing. All agreed this was a great idea. Also, the suggestions of presenters on the campuses. It was mentioned Health Care Express had reached out and was coming to the Jr High for Vape Inservice for students, free of charge. Plan for SHAC meeting to be held in October to look and survey and plan accordingly. No more discussion now. The meeting was adjourned.

2022 Hooks School and Community Health Wellness Assessment

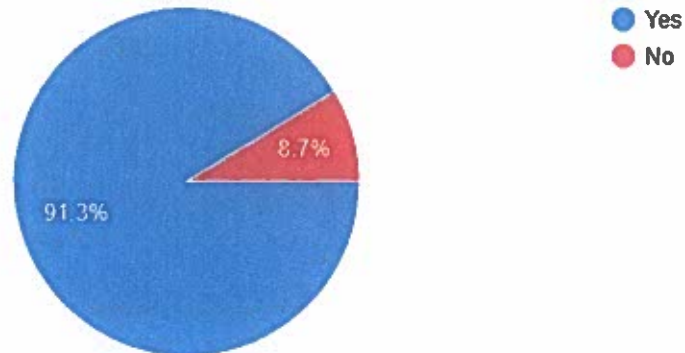
Do you feel our students have access to adequate and appropriate health instructions?

69 responses



Do you feel adequate physical activities are promoted and provided for students at all grade levels?

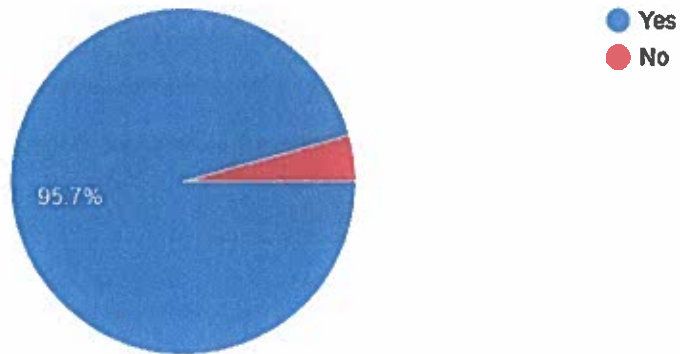
69 responses



2022 Hooks School and Community Health Wellness Assessment

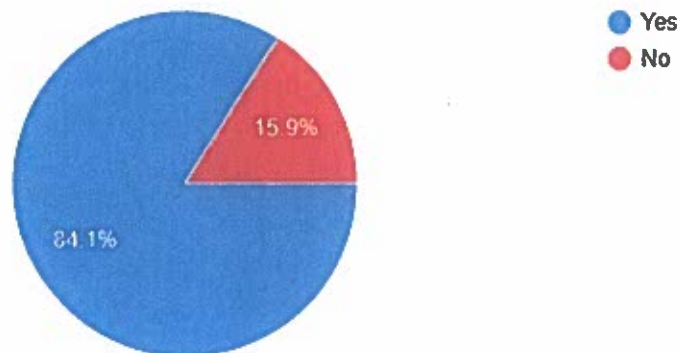
Do you think nutritional education and guidelines should be promoted and provided?

69 responses



Are health and wellness promotion implemented and made available to students, staff and community?

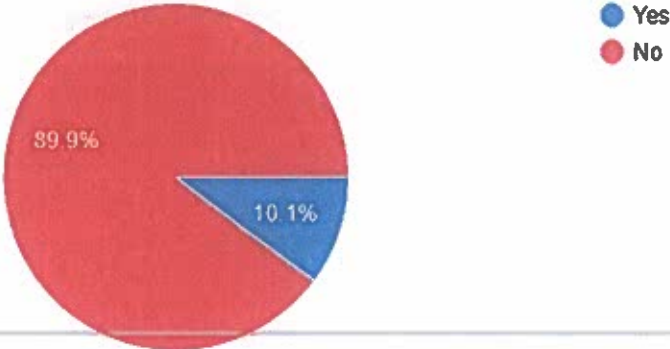
69 responses



2022 Hooks School and Community Health Wellness Assessment

Are you interested in participating on the School Health Advisory Council? If so, please contact the school nurse.

69 responses



2022 Hooks School and Community Health Wellness Assessment

List any areas of health concerns for students/community.

Cleanliness, many of our students have extremely bad hygiene.

Covid, Flu, and other viruses

Flu

Flu outbreak

Hygiene

I think students need more outside recess time. They need to be provided more time for free play.

Lack of exercise and diet

Lack of sleep and/or hydration.

Lice

Mental abuse/physical abuse

Mental health wellness.

mental health, STDs

My only concern is that when students at younger levels are in trouble, they are denied outdoor activity. I realize that is many cases that is the only time to take from them, but children especially elementary students need a way to relieve extra energy.

Obesity

Poor nutrition and proper routine check ups

Seasonal Flu & Covid

Social anxiety and other emotional issues.

Strokes, Heart Attacks, Cancer Tumors, Seizures

Students don't get enough exercise.