

Granbury ISD Community Schools Health Advisory Council Meeting Minutes  
September 27, 2018  
2:00-3:30 PM

**Members Present**

Sharon Williams, Lauren Bruner, Antonia Segars, Teresa Wood, Wes Jones, Shauna Hibbitt, Linda Williams, Margaret Cohenour, Amber Campbell, Elizabeth Perchard, Taylor Marcel, Shannon Watts, Ron Holmgreen, Tracy Ashmore, Kim Irwin, Jeffrey Meador

**Guest Speakers/Presentations**

David McNamara - Healthy Schools/CareDox Free Flu shots & immunizations services

**Introductions -**

**Review of SCHAC Purpose/Board Policy**

A committee of community members – parents, teachers, doctors, school administrators and school nurses will meet to discuss health related issues to improve and maintain health, nutrition, and wellness while approving and providing those resources to our students, schools, and community. This will promote healthy and safe lifestyle choices to our students. These areas that should receive priority are: Nutrition Services, Health Service, Healthy and Safe School Environment, Counseling and Mental Health Services, Staff Wellness Promotion, Parent and Community Involvement, Physical Education, and Health Education. The Sub Committee for Physical Activity and Fitness Planning will be formed through the SHAC and will conduct the required meeting. Research shows that healthy children do better in school - from attendance and behavior to academics and overall performance. The SHAC committee works with the district to support good health and academic achievement.

**Discussion of Issues**

- David McNamara presented via phone to committee regarding free flu shots and immunizations to all students in district. Arlington ISD uses this program will reach out for information on how this is going. Dr. Watts explained Lipan ISD has a similar program and will contact to see which company they use also get their feedback.
- Project Adam Update - all schools completed AED mock drills with Cook Children's Hospital and Texas EMS and are Project Adam Heart Safe schools. All campus crisis teams are up to date on CPR. Mock drills will continue for 2018-2019 school year. Dates will be set up for all campuses before next meeting.
- Stop the Bleed/ Hands on CPR - Elizabeth Perchard, RN presented review of these trainings - all campuses have been trained. Ron Holmgreen informed that GISD is pricing Triage Kits for all classrooms district wide.
- EpiPens - Sharon Williams gave update that EpiPens are on hold due to changes in state law.
- Health Department Update - Suspected case of Mumps at Emma Robertson Elementary was negative. Flu activity at this time is minimal.

**Future Topics for next meeting on November 6, 2018**

Cooks Telemedicine update

Dates for Project Adam mock drill for all campuses

Granbury ISD Schools Health Advisory Council Meeting Minutes  
November 6, 2018  
2:30-4:00 PM

**Members Present**

Sharon Williams, Teresa Wood, Antonia Segars, Mindy Spruill, Mary Flores, Kathleen Durham, Lisa Franklin, Kim Epperson, Lauren Bruner, Shannon Watts, Shauna Hibbitt, Linda Williams, SHelly Muncy, Wes Jones, Ron Holmgreen, Elizabeth Perchard.

**Guest Speakers/Presentations**

Kim Epperson - Cook Children's Telemedicine Program

Lisa Franklin, LVN and Kathleen Durham - Health Heroes Texas, Immunization Services

**Review Of SHAC Purpose/Board Policy**

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**Discussion of Issues**

- Kim Epperson presented regarding the Cook Children's Telemedicine Program with GISD. Enrollment of students in the program has increased from last year. Will continue to promote program throughout district.
- Lisa Davis LVN and Kathleen Durham presented to the committee regarding their program Health Heroes Texas. This program provides school located vaccine clinics for student PreK-12 in Public/Private Schools. The clinics would be offered in the fall for flu shots to all students. Clinics would also be offered in the spring for incoming 7th graders to receive Tdap and Meningococcal vaccines. Clinics would also be offered in the spring to High School seniors needing another Meningococcal vaccine for college. Health Heroes Texas provides vaccines to students that have private insurance, Medicaid, or uninsured. Vaccines are provided at no cost to all students in the district. Examples of the consent for were brought. Consent forms would be sent home with the student and filled out and signed by the parent and returned to school to participate in the clinic. All immunizations administered would be inputted into immtrac. Committee agreed to schedule upcoming shot clinics with Health Heroes Texas.
- Sharon Williams and Ron Holmgreen updated committee on EpiPen in our schools. The GISD attorney is reviewing legislation and interpreting what is said in the code. Awaiting clarification on when the EpiPen needs to be available during the day and where the EpiPen needs to be stored on campus.

**Future Topics for next meeting on February 5, 2019**

Essential Oils in the Classroom

Project Adam Update

Fitness Committee Update

Granbury ISD Schools Health Advisory Council Meeting Minutes  
February 5, 2019  
2:30-4:00 PM

**Members Present**

Lauren Bruner, Shannon Watts, Amy Parker, Wes Jones, Linda Williams, Amber Campbell, Sharon Williams, Jeff Hastings

**Guest Speakers/Presentations**

Officer Jeff Hasting - Juuling in schools  
Sharon Williams - Fitness Committee  
Holly Martin - YMCA - Unable to attend

**Review of SHAC Purpose/Board Policy**

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**Discussion of Issues**

- Essential Oils in the Classroom - Discussed the use of Essential Oils in the classroom. Agreed by committee that Essential Oils should discouraged being used in classrooms and school. If a parent would like for a student to use Essential Oils that parent would need to leave the oil with the school nurse and fill out a medication permit form. Topic of Essential Oils will also be brought up at next Administration Meeting.
- Juuling - Officer Hasting reports about Juuling. Office Hastings brought the vaping devices that had been confiscated on campus, explained how the devices were used and loaded. He also explained how these devices are being used on campuses by the students and what discipline is being implemented when a student is found with this. Also discussed the effects juuling has the body and side effects.
- Fitness Committee Update - Committee will meet again before end of school year. At May 2018 meeting, it was discussed to allow GISD employees to gym at Administration Building. Administration Staff is participating in "Biggest Loser" competition for weight loss at work. Discussed to have High School students to go and participate at Elementary PE classes.
- Texas Mobile Imaging will be coming to GISD to offer stroke scans to employees. Texas Mobile imaging will be screening Thyroid and Gallbladder. Assessing for risks causes by blockages in vessels and aneurysms in aorta. Scans will take place on campuses tentatively in March. Texas Mobile Imaging will be on campuses February 18, 2019 to present to employees to offer information and scheduling.

**Updates**

- Project Adam Drills Scheduled at all Elementary Campuses Friday February 15, 2019 after early release. Middle Schools and High School Drill dates TBD.
- Heath Heroes Texas - December flu shot clinics at the school ran well and had positive feedback from campuses and parents. Will call and schedule clinics for Spring at Middle Schools and High School for Tdap, MCV, and HPV clinics.
- Flu Report - Flu activity is reported at Regional Level per Texas Department of State Health Services. Dr. Glenn has put out notice regarding Flu via social media reminding parents of GISD fever policy.

**Future topics for next meeting on April 2, 2019**

\_\_\_\_\_ Review of Year Topics

Granbury ISD Schools Health Advisory Council Meeting Minutes  
April 2, 2019  
2:30-4:00 PM

**Members Present**

Lauren Bruner, Jodi Fries, Shauna Hibbitt, Amy Parker, Elizabeth Perchard, Mindy Spruill, Tammy Clark, Teresa Wood, Shelly Muncy, Mary Flores, Shannon Watts, Sharon Williams, Traci Cooper, Jeff Meador

**Guest Speakers**

Teresa Turner - Substance Abuse Council Coordinator  
Tammy Clark - Student driven PSA Announcements on Campus  
Sharon Williams - Wellness Policy Assessment  
Lauren Bruner - Texas Mobile Imaging Follow-Up

**Review of SHAC Purpose/Board Policy**

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**Discussion of Issues**

- Teresa Turner discussed how the Substance Abuse Council plays a role in our community. The council works to confront the issue of substance abuse by educating the community. The goals of the council are improve quality of life and teach prevention. HCSAC partnered with GISD with breathalyzers at prom this year. Teresa talked about upcoming community events including National Rx Take Back Day, Youth Mental Health Series, and Why Not...Y Night at the YMCA.
- High school Assistant Principal Tammy Clark suggested student-created public service announcements. The PSAs would focus on the harmful effects of vaping, drinking, and gun violence. We will show the announcement to all campuses and the community.
- Sharon Williams discussed the Wellness Policy Assessment for our district. This is a yearly survey that is completed and submitted to the state. Topics were discussed about school offered programs that the district has that could be included on the survey. These programs include, GISD partnership with YMCA, Project Adam, Employee shot clinic with HEB, and Health Fitness Fair.
- Lauren Bruner followed up with SHAC committee regarding Texas Mobile Imaging and screenings that took place in March. 300 GISD employees were screened. Committee would like to continue to offer these preventative screenings to GISD employees. Texas Mobile Imaging did not go to every campus for screenings, therefore some employees that signed up had to go to another campus for their appointments. Committee agreed would like these screening to be offered at all campuses and Administration Building next time.

- Discussion of Topics and Goals for 2019-2020 - Presentation from Trauma Care Team. Increase talks of Child Abuse Prevention Education. Presentation of Social Work Program in GISD.

#### **Updates**

- GISD along with Health Heros Texas will offer Spring Shot Clinics at GHS, AMS, and GMS. Tdap and MCV4 will be offered for incoming 6th graders. MCV4 booster will be offered to Junior and Seniors that will require the second MCV4 booster for college.
  - Thursday, May 2 @ AMS, 1-5p
  - Wednesday, May 8 @ GHS, 2-6p
  - Wednesday, May 15 @ GMS, 1-5p
- Health Department reported to Lauren Bruner of 2 reported cases of Shigella at Acton Elementary during the 3rd week. Health Department sent a information letter to be distributed to parents.
- All Project Adam Drills were completed and all campuses meet Project Adam Requirements to be a Heart Safe School

Granbury ISD Community Schools Health Advisory Council Meeting Minutes  
Subcommittee for physical activity and fitness planning  
May 7th, 2019  
1:00- pm

Goals:

1. To study research regarding unstructured and undirected play, academic and social development, and the health benefits of daily recess.
2. To consider issues relating to student physical activity and fitness and make policy recommendations to increase physical activity and improve fitness among students.

Senate Bill 1018

Amended 28.004 (k) of the TEC to require a school district to publish certain statements in the student handbook and on the district's Internet website, including a statement related to parental access to their child's physical fitness results.

**Requires each district's local SHAC to establish a physical activity and fitness planning subcommittee to consider issues relating to student physical activity and fitness and to make policy recommendations to increase physical activity and improve fitness among students.**

Expands the district's local SHAC annual report to include (1) the recommendations made by the physical activity and fitness planning subcommittee and (2) any joint use agreement that a school district and community organization/agency enter into based on a recommendation of the local SHAC.

Agenda:

Members Present: Jacob Herbold (chair), Kathleen McLaurin (GHS), Sharon Williams (Admin) Lauren Bruner (SHAC chair) Lindsey Powell (YMCA Fitness Coordinator) Jason Pullano (Administration/Swim Coach)

- Yearly goal/prior topic updates
  - Share what's working at different campuses
  - Discussion on future topics/ideas/concerns
1. Pursue mentor programs at the middle school level.
  2. Continued push for swim education. Younger kids-pool. Older kids-open water. Target younger

3. Nutrition-continued push for education, better nutrition habits, and exploration of farm/garden to table ideas.

Discussion about YMCA after school programs for middle schools. Potential bussing for GMS to the YMCA. More

Swimming/ water safety unit- teach kids. Get YMCA, Brazos River Authority, Extension Agents.

YMCA tried to have a pilot program with AES, but there were funding and liability issues. Logistical issues. Kevin Tatlock is working on details of the issue.

Jason discussed failed swim night at high school. Zero participated.

Change target audience to 6-8.

No other grants have been written for pedaling programs like Mambrino.

Sharon reported that there is a grant/writer that works for the city. Potential partnerships for grant writing.

Intramural sports-update from Jason Pullano. G-2025 is addressing swimming safety and intramurals.

YMCA would like to have more involvement in schools, but funding is an issue.

Mentoring programs like Go Girl Go that have to do with health, wellness, etc.



Best ways to approach childhood obesity.

Amy Parker is taking over for GISD food and nutrition.

More programs at Rancho Brazos and OTS.

Sharon- student created signs that promote physical fitness and wellness. Fun facts, etc.

YMCA is hosting youth sports clinics and performance camps this summer.

YMCA has scholarships.

2019-20 goals:

1. Pursue mentor programs at the middle school level.
2. Continued push for swim education. Younger kids-pool. Older kids-open water. Target younger
3. Nutrition-continued push for education, better nutrition habits, and exploration of farm/garden to table ideas.

Shelby Carter invite next year to discuss fitness based learning.

# Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Granbury ISD

Reviewer Sharon Williams

School Name Elementary Campuses

Date 04/02/2019

Select all grades: PK  K  1  2  3  4  5  6  7  8  9  10  11  12

## Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

Administrators  School Food Service Staff  P.E. Teachers  Parents  
 School Board Members  School Health Professionals  Students  Public

We have a designee in charge of compliance.

Name/Title: Ron Holmgren, Asst. Supt. of Administrative Services

We make our policy available to the public.

Please describe: District Website

We measure the implementation of our policy goals and communicate results to the public.

Please describe: District Website

Our district reviews the wellness policy at least annually.

## Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in:  Elementary School  Middle School  High School

## Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
  - as à La Carte Offerings  in School Stores  in Vending Machines  as Fundraisers

Yes No **V. Physical Activity**

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity:  Competitive sports  Non-competitive sports  Other clubs

Yes No **VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on:  Nutrition  Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling/environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

Miler's Club with incentives and rewards. All schools are heart safe schools (Project Adam). The YMCA and GISD have a partnership with multiple projects. GISD and HEB partner to provide shots for employees. Texas Health Heroes and GISD partner to provide immunizations and flu shots for students. Lake Granbury Medical Center and GISD partner to provide physicals for student athletes. Texas Agrilife Extension Agents provide nutritional programs and behavioral programs for our students. Lion's Club partners with GISD to provide glasses for at-risk students. Salvation Army Women's League provides hygiene kits for students via school nurses.

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

|       |                                 |                |                              |
|-------|---------------------------------|----------------|------------------------------|
| Name  | Sharon Williams                 | Position/Title | Director of Curriculum and I |
| Email | sharon.williams@granburyisd.org | Phone          | 817-408-4035                 |

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LEA/District Name Granbury ISD

Reviewer Sharon Williams

School Name Middle School Campuses

Date 04/02/2019

Select all grades: PK  K  1  2  3  4  5  6  7  8  9  10  11  12

## Yes No I. Public Involvement

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Administrators  School Food Service Staff  P.E. Teachers  Parents  
 School Board Members  School Health Professionals  Students  Public

We have a designee in charge of compliance.

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We offer nutrition education to students in:  Elementary School  Middle School  High School

## Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

**Yes No IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
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**Yes No V. Physical Activity**

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- We offer before or after school physical activity:  Competitive sports  Non-competitive sports  Other clubs

**Yes No VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on:  Nutrition  Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
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Reviewer **Sharon Williams**

School Name **High School Campuses**

Date **04/02/2019**

Select all grades: PK  K  1  2  3  4  5  6  7  8  9  10  11  12

## Yes No I. Public Involvement

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- We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

Miller's Club with incentives and rewards. All schools are heart safe schools (Project Adam). The YMCA and GISD have a partnership with multiple projects. GISD and HEB partner to provide shots for employees. Texas Health Heroes and GISD partner to provide immunizations and flu shots for students. Lake Granbury Medical Center and GISD partner to provide physicals for student athletes. Texas Agrilife Extension Agents provide nutritional programs and behavioral programs for our students. Lion's Club partners with GISD to provide glasses for at-risk students. Salvation Army Women's League provides hygiene kits for students via school nurse. All 7th graders, seniors and GISD faculty and staff receive annual training for hands on CPR. All GISD faculty and staff are trained annually on "Stop the Bleed". Both are partnerships with Texas EMS and Cooks Children's Hospital

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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|-------|---------------------------------|----------------|--------------------------------|
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