

SHAC 10/18/2012 3:34 P.M- 4:12 P.M.

Members Present: Staci Dunn, Teri Pruitt, John Norrell, Bob Moore, Michael Boudreaux,  
Kristi C. Roberts, Jay Tullos, Nerissa Erickson, Myles Pennington, and Sunday Elerson.

Guests Present: Kristy Black

Guest speaker Kristy Black from NET Health presented information about a grant available to Van Zandt County. This Grant is to be used for health promotion, particularly preventing tobacco use, and reducing obesity and chronic disease in Van Zandt County. We discussed the 5-2-1-0 plan, which is 5 servings of fruit and vegetables a day, 2 hours or less recreational screen time, 1 hour or more of physical activity, and 0 sugary drinks, more water, and low fat milk. Tyler ISD has successfully implemented the 5-2-1-0 program which is one option as to how some of the grant available to Van Zandt County could be used. We also discussed tobacco prevention and the importance thereof for our students and community as a priority.

Van Zandt County residents are welcome to the Grant Coalition meeting to be held November 1<sup>st</sup> at the Van Zandt County Library at 3:00 P.M. You can be a part of the decision making on how the grant dollars are spent.

The next SHAC meeting will be held the 1<sup>st</sup> week of December.

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SHAC 12/04/2012 3:36 P.M-4:40 P.M.

Members present: Marci Blevins, Teri Pruitt, Staci Dunn, Bob Moore, John Norrell, Jay Tullos, Nerissa Erickson, Amanda Burch, Jasie Perry, and Sunday Elerson.

The committee discussed topics to be covered in a presentation to be given to our Junior High and High School students. Dr. Kenneth Nixon will be explaining eating disorders, over the counter medicines (OTC), prescriptions, and performance enhancements such as diuretics, laxatives, creatine, energy drinks, and steroids. Students will be presented with facts that will enable them to make healthy choices for their growing bodies.

The next SHAC meeting will be held February 12<sup>th</sup>.

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SHAC 02/12/2013 3:39 P.M.-4:40 P.M.

Members present: Steve Hudson, Bob Moore, Myles Pennington, Marci Blevins, Jasie Perry, Nerissa Erickson, Jay Tullos, John Norrell, and Sunday Elerson.

We discussed Dr. Kenneth Nixon's presentation he gave January 17<sup>th</sup>. Dr. Nixon did a great job keeping our student athlete's attention as he educated them concerning health issues facing them. He covered the topics of eating disorders, OTC and prescription medicines, steroids, diuretics, laxatives as well as energy drinks. Dr. Nixon encouraged our athletes to make healthy choices to meet their goals.

In light of the December Sandy Hook School shooting, Canton ISD has revisited and revised our safety/security measures. Mr. Tullos has met with the Police Chief and the Sherriff. Canton Police are making a strong presence at our campuses, stopping by every morning and several times a day to do walk throughs. We will be adding doors as well for security. CISD is carefully considering the carrying of concealed weapons. Recently 10 area superintendents met to discuss the options, benefits, and liabilities of having guns on campus. There are a multitude of questions to consider before deciding to allow concealed hand guns and CISD is not comfortable making this decision until all of the questions have been answered.

We plan on continuing the use of the scientific, abstinence based Worth the Wait sex education curriculum for our Junior High students. We will be mailing a letter informing parents of the dates we will be covering this with the option to have their student sit out.

The next SHAC meeting is set for Tuesday, April 16<sup>th</sup>.

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SHAC 04/16/2013 3:32 P.M.-4:17 P.M.

Members present: Marci Blevins, Teri Pruitt, Steve Hudson, Bob Moore,

Christine Beaty, Myles Pennington, John Norrell, Nerissa Erickson, and Sunday Elerson.

SHAC discussed the Let's Go! 5-2-1-0 program. This is a nationally recognized childhood prevention program designed to increase healthy eating and active living in children from birth to 18. Let's Go! Works in six sectors (schools, early childhood, after school, healthcare, workplace and community) to reach children and families where they live, study, work and play. Let's Go! Is centered on the common message of "5210" 5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, and 0 sugary drinks, more water and low fat milk. We hope to implement this program in P.E. classes starting this Fall 2013 semester.

We are also planning an immunization clinic to be held at the Jr. High in August for our incoming 7<sup>th</sup> grade students. The state mandates that all 7<sup>th</sup> graders have a Tdap booster, 2<sup>nd</sup> Varicella (chicken Pox), and MCV4 meningitis vaccine to start school. Up to Date Affidavits are required if you are exempt from Vaccinations. These are state requirements and must be taken care of DAY ONE of fall semester to attend school. A letter will be mailed to all 6<sup>th</sup> grade students the last week of school stating shot requirements and the date of the clinic. The clinic will be provided by the NorthEast Texas Health District for those students without insurance or that have CHIPS or Medicaid.

This concludes our SHAC meetings for this school year. I want to thank our SHAC members for volunteering your time.