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| * **Welcome/Sign-In** * **Spring Happenings** * **Wellness Policy Assessment/Review** |
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**Agenda**

**SHAC Meeting**

**Silverton ISD**

**2/11/25**

**3:15 PM**

February 11, 2025 SHAC Meeting

Meeting started at 3:15 PM. Members present: Shandy Beedy, Kylie Brock, Stephanie Otis, Kimberly Wilson, Michelle Francis, Kelby Brock, Lottie Cogdell, Michael Hayes, Holly Cogdell

Spring Semester health and wellness activities were discussed. Shandy stated she would be certifying seniors in CPR, conducting the Fitnessgram for grades 3-12, submitting the VHSS, and she and Noe Beltran (health teacher/coach) would be educated 5th grade girls and boys on puberty.

The district had a safety audit in January and passed with flying colors! A representative from Region 16 came and spent several days on campus. He did not find anything that needed to be corrected and said our district was doing a great job.

In December, the DSHS Oral Health Improvement Program (OHIP) was held on campus for all students who consented to participate. We had a total of 66 students receive an oral examination. Of those 66 students, 59 had a fluoride varnish applied and 17 had sealants placed. The in-kind services totaled $15, 271.00 in free dental care. Everyone on the SHAC agreed that this was a fantastic resource to our students and hope to have DSHS OHIP come back to our campus to do this again.

Stephanie Otis updated the SHAC on programs the Ag Extension office has been doing. Color Me Healthy program just wrapped up and Learn Grow Eat Go program for grades 3 and 4 will be starting next week. The ag students will be building planter boxes to place outside of the classroom windows so students will be able to see what they are growing from the classrooms. Mrs. Smith is planning on starting a floriculture class next school year and they will use these planter boxes when not in use by the LGEG program. Food Distribution is still going well and HS students from Silverton volunteer their time to unload and distribute. Stephanie is going to be starting an Adulting 101 class for seniors that will be once a month (March, April, May). They will learn about various life skills needing in adulthood. The first lesson in March will be going to a local body shop to learn how to change a tire and check your oil. Stephanie also asked the SHAC if the staff would like to have a Get the Facts 4 week program where you learn about portion sizes, fat, and sugar intake. The SHAC agree this would be a great addition to the spring staff wellness program.

The Wellness Policy Assessment tool was used to review the school’s Wellness Policy. Shandy will update and post of the school’s website the updated version.

No further items were discussed.

The next meeting will be May 6th.

Meeting closed at 3:50.