

# **Borger ISD School Health Advisory Council Meeting of October 28, 2022**

## **Agenda**

2:09 pm: Approval of minutes from last meeting and introductions

2:12 Minutes accepted - will be emailed to all members

### **Assign Officers**

Co-Chair - Parent - Dr. Bates

Secretary - Cally Burlson

2:16 pm Accept or Modify Dates for Future Meetings

January 27, 2023

March 31, 2023

May 12, 2023

Decide on participation of Tx School Physical Activity and Nutrition (SPAN) Project

- 50 students to follow on students
- no cost
- fall and spring for BMI and report feedback
- will bring awareness
- during PE
- December
- Differences between fitness gram and this exam

APPROVED

Review SHAC Shorts - launches today, overview on BISD information, small video on what SHAC is and we do, monthly challenge on physically activity (walk 8 miles for the month of november and why walking is important), food for thought (dinner table topics), nurses corner (flu season), counselors corner (mental health this month it is introduction). Open to feedback.

Review & Name April Community Event - April 22 (Earth day) on hiking trail, youth sports, classes, gyms, culinary, churches, include prizes.

Event name: Get up and \_\_\_\_\_!

Committees:

- Tshirts
- snacks
- Community outreach
- prizes
- BISD outreach
- Peak program at crockett (JR master gardener) Ofelia Linares suggested

Runs:

- 5k hike
- 3k run
- 1k track

Locations:

- Johnson Park
- Dome
- FPC
- BCAC

Open Discussion/Questions

List Recommendations to be brought before Board of Trustees

Membership

Officers

ByLaws

2:37 pm Closing Comments/Adjournment