

**Refugio ISD
School Health Advisory Council (SHAC) Meeting
October 18, 2017**

Welcome: Meeting started at 05:36 PM.

Introduction of Members and Staff present: Vilma Ramirez, CNA; Julianne Wood, 7th grade ELA, Spanish teacher, and parent; Angelica Galvan, Elementary Counselor; Amy Waer, 6th grade Science/SS teacher and parent; Tonya Williams, 3rd grade Science/SS teacher; Emilee Cox, RN District Nurse

What Is SHAC? : Emilee Cox, RN provided everyone with a handout of the SHAC bylaws to review and consider adopting for the Refugio ISD SHAC. The bylaws included the formal name, purpose, vision, mission statement, and meeting schedule for the SHAC. The formal name will be Refugio ISD School Health Advisory Council. The purpose is "The Refugio ISD SHAC's purpose is to provide advice to the District on aspects of school health". The vision is "The Refugio ISD SHAC envisions health and education for all children". The mission statement is "The mission of Refugio ISD SHAC is to provide an environment for children to thrive in. We want to use the whole school whole community whole child model to ensure that all children graduate with the knowledge needed to lead a healthy lifestyle". Emilee Cox, RN went over that meetings will typically be on Wednesday evenings at 05:30 PM four times a year. Emilee Cox, RN stated that she will send out an email with the agenda at least one week in advance of the next meeting. A copy of the education code sec. 28.004 reviewing the purpose and regulations for SHAC was given to each member.

Texting and Driving: Emilee Cox, RN gave an overview of the new law- House Bill 62 that went into effect September 1, 2017. The law states you can no longer send or receive electronic messages while operating a motor vehicle. Drivers with learner's permits are prohibited from using handheld devices in the first six months. Drivers under the age of 18 are prohibited from using wireless communications devices while driving. School bus drivers are prohibited from using handheld devices while children are present. All drivers are prohibited from texting and using a hand held devices while driving in a school zone. Motorists 18 and older can still talk on the phone while operating a motor vehicle if in the hands-free mode. Emilee Cox, RN then went over some statistics/facts of distracted driving. According to the Texas Department of Transportation, 1 and 5 crashes involve a distracted driver. Emilee Cox, RN then showed the group the itcanwait.com website. She showed how to take the pledge to not text and drive, and then showed a video from a mother and daughter testimony about how texting and driving affected their family. Amy Waer and Emilee Cox, RN then discussed the new apps available to cell phones to put your phone in a drive mode not allowing you to receive notifications while driving, one called AT&T Drive Mode. Amy Waer then mentioned that she had heard a speaker come to talk with Woodsboro ISD about texting and driving and her testimony. Amy states she will get the name of the speaker so that we can propose having her come to talk to the children of driving age here at Refugio ISD. Emilee Cox, RN then mentioned we can also propose for

children of driving age to be able to go to the itcanwait.com website to take the pledge to not text and drive.

Next Meeting Topic/Ideas: Amy Waer proposed the idea of discussing the dangers of sugar, and the positives of healthy eating/nutrition. Trying to find a way to get children to understand dangers of sodas. The members were in agreeance with this topic idea.

Meeting adjourned: @ 06:02 PM