

Refugio ISD
School Health Advisory Council (SHAC) Meeting
September 19, 2018

Welcome: Meeting started at 5:12pm.

Introduction of Members, Guests, and Speaker: Vilma Ramirez, CNA; Boogie Barber, Texas AgriLife; Araceli Rivera, RISD Food Service; Angelica Galvan, Counselor; Chris Hawthorne, HS Teacher; Tonya Williams, Elementary Teacher; Brandon Duncan, JH/HS Principal; Amy Waer, Elementary Teacher; Emilee Cox, RN; and Twyla Thomas, Elementary Principal.

Healthy South Texas- Texas Agrilife Extension: Boogie Barber came to present to us a program she is in charge of in Texas Agrilife Extension Office. Their goal is to create a healthier county. Boogie explained they have fifteen youth ambassadors, one from Woodsboro, and fourteen from Refugio. Over the summer they got over 200 hours of volunteer work. They have gone to the county commissioner and talked about Diabetes, they have learned how to set a proper table, and much more. Mr. Duncan brought up that he thinks it would be great for those ambassadors to do a visual project on how much sugar or fat something has in it. For instance a visual presentation on how much fat is in a McDonald's BigMac. Boogie Barber agreed and said they have done some sorts of those things. She also mentioned she is trying to get the ambassadors to promote healthy eating on social media, by snapping a picture of them eating a salad or exercising. Boogie Barber mentions two programs they are doing to promote activity, Walk Across Texas and Choose Health Fun Food Fitness. They had 124 participants in the summer Walk Across Texas and 15 kids in the Choose Health Fun Food Fitness at the Boys and Girls Club this summer. Boogie asked the group of any issues in our community that we could address with these programs. Amy Waer suggested poverty and how to eat healthy on a budget. Tonya Williams suggested sedentary lifestyle for our youth (video games instead of playing outside). Emilee Cox suggested Asthma, seeing a rise after the hurricane because of unclean living environments. Boogie states she has a great guy, David, that gives a great talk on Asthma. Boogie states Refugio is 139 of 242 on the state health index. Boogie mentioned she is looking for Master Wellness Volunteers, to become one you need to complete 40 hours of training then you give back 40 hours into the community. You also meet twice with Boogie and once with a specialist and the cost is \$75. Boogie talked about some programs she has starting up soon. Learn Grow Eat Go is started with the elementary kids, they will learn about a veggie, eat the veggie, and grow the veggie and GO in P.E. Boogie asked Mrs. Thomas if she can link the LGEG website to the Refugio webpage so she can put healthy recipes on there. The Walk Across Texas will kick off on Friday the 21st, the goal is for each person to walk 13 miles a week. 2,000 steps equal 1 mile. Boogie then talked about the mobile cooking schools she will start. They will consist of a 30 minute lesson, cooking the food, sampling the food and then taking home recipes. They can take place anywhere there is feasible resources. Boogie discussed her Maintain no Gain program that the goal is to only gain two pounds or less over the holidays and the participant will receive healthy recipes and activities through email, they also must weigh in each week. We are combining it with our Biggest Loser Contest at school.

Boogie mentioned the Hospital Health Fair will take place October 24th and the youth ambassadors will be there to share information about Zika. Emilee Cox mentioned we will be offering flu shots on campus October 10th from 8-10 at the elementary and 10-12 at the HS/JH.

Next Meeting/Topic Ideas: Mrs. Tonya Williams asked if we could try to get back the chefs that have come in the past to cook for us at SHAC.

Meeting Adjourned: 5:44pm.