

SHAC Agenda

04-17-2019

When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.” Herophilus

Lunch

Report from the Sub-committee for District Walk/Jog event

Jingle Bell Jog will be held on December 7, 2019. CISD medals will be awarded for Male and Female K-4th grade 1-mile race. More information to come

Wellness Goals

School Based Activities

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

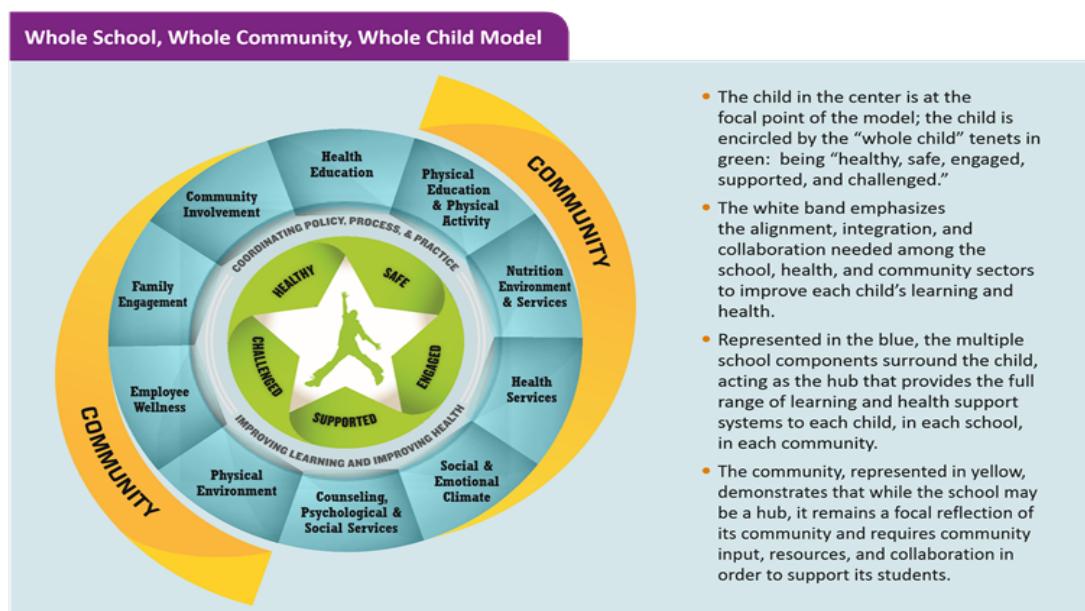
Discussed ways to encourage faculty to participate in health and wellness activities:

Provide a list of fitness locations and cost to staff; Participate in Walk/Run event; Biggest Loser completion. Encourage staff by having incentives-gift cards, jean pass.

Discussed ways for staff to utilize prevention services of insurance.

Provide a list of prevention services that are covered 100%; encourage participation of annual flu vaccine drive at each campus; information re: myths about flu vaccines; have a lunch and learn meeting re: covered services or flu myths; information re: teleadoc; Encourage staff by having incentives-gift cards, jean pass.

Board Presentation on May 6th at the School Board Workshop



*Formerly known as the Association for Supervision and Curriculum Development