

SHAC Minutes

March 28, 2018

7 SHAC members present, 4 Elementary Staff guests present, 3 CPR guests present

4:05 Meeting was called to order and introductions were made.

Millsap ISD Public Health and Help Brochure has been updated with all necessary changes, and was handed out to everyone in attendance. This brochure will be available to all schools, staff and teachers.

Dr. Troy Gates, his wife Juliana, and their daughter Skylar were present. They gave a brief background on the reason they want to get CPR training in our schools. They would like to offer a class to the 5th graders to teach them hands only CPR. Troy worked at the hospital, and while in his office, his heart stopped. It only takes 4 ½ minutes for brain function to start to cease after your heart stops. Hands only will keep the heart pumping to keep blood circulation going, and help save the brain function. They would offer this class for no cost, and no more than one hour. Millsap would be the first school they will teach it at, but they hope to get it in more schools. They have a short demo film they would show, then get the kids in groups of three to practice on resuscitation dummies. They want to make sure students know where the AED is located in each school. They offer a Friday Live Show on Facebook to anyone that wants to join in and learn. Just log in to Facebook, search Troy or Juliana Gates, and their live shows are posted every Friday for the public to see.

If it is decided on, there will be a parent opt out option for anyone that does not want their child to participate.

SHAC members discussed it and thought it might be a good idea to add to 8th grade health class. Also, it would be good for the teachers to learn it each year.

Brian Holman came to speak at the High school and Middle school February 9. Kids loved it.

Pure Truth has spoken twice as well.

Wellness plan was discussed for Physical Activity.

Wounded Warrior went to Weatherford High School, and 2 SHAC members sat in on it. Each student got the bios for each soldier that came, and were able to come up with questions before they got there. It was very engaging. Might be something for Millsap to look into.

Meeting Adjourned at 5:45