

Seminole ISD School Health Advisory Council (SHAC)
& Wellness Committee
October 18th, 2017
Seminole Technology Center
12:00 p.m. – 1:00 p.m.

1. Welcome – Mr. Laramore welcomed everyone and thanked them for their attendance.
2. Current Members (Handout)

Co-Chairmen (Appointed by the School Board)
Cindy Black and Sylvia Suarez

Executive Wellness Committee
Gary Laramore, Cindy Therwhanger, Sylvia Suarez
3. Future Meeting Dates – Mr. Laramore covered future meeting dates.

January 17th, 2018
March 21st, 2018
May 16th, 2018
4. Program: Cindy Therwhanger, Director of Food Services, did a wonderful job of updating the committee on several things related to her department, with a brief question and answer period following. Kalie Peters assisted with the technology portion of the presentation.

Items Covered:

- Update on Wellness Policy
 - Assessment from 2016-2017
 - Wellness Goals
 - New Menu Items for 2017-2018
5. Open Forum – Mr. Laramore visited about district targets and commended the food service department for going against tradition and working hard to be thrifty and innovative in the best interest of the district and our children.
 6. Meeting Adjourned – The meeting adjourned around 12:52.

SHAC/Wellness Meeting - October 18, 2017

Name	Position	Phone (H)	Phone (W)	Phone (C)
Term	Email Address		Signature	<hr/>
Name Carmen Acosta	Position Parent	Phone (H)	Phone (W) 955-2090	Phone (C) 432-254-2564
Term 2018-19	Email Address friendlysparks@gmail.com		Signature	<hr/>
Name Joan Adams	Position Public	Phone (H) 432-758-9384	Phone (W) 758-4845	Phone (C) 432-209-0788
Term 2017-18	Email Address jadams@seminolehospitaldistrict.com		Signature <i>Joan L Adams</i>	<hr/>
Name Shalea Addison	Position Counselor	Phone (H)	Phone (W) 758-5841	Phone (C) 432-209-0523
Term Continuo	Email Address saddison@seminoleisd.net		Signature <i>Shalea Addison</i>	<hr/>
Name Elva Berryhill	Position School Nurse	Phone (H)	Phone (W) 758-3636	Phone (C) 432-413-7107
Term Continuo	Email Address eberryhill@seminoleisd.net		Signature	<hr/>
Name Cindy Black	Position Admin Asst/Co-	Phone (H) 432-758-5714	Phone (W) 432-758	Phone (C) 432-770-5701
Term Continuo	Email Address cblack@seminoleisd.net		Signature <i>Cindy Black</i>	<hr/>
Name Amy Bradley	Position Parent/Public	Phone (H) 432-758-6066	Phone (W) 758-5876	Phone (C) 432-352-3555
Term 2018-19	Email Address semacehardware@gmail.com		Signature <i>Amy Bradley</i>	<hr/>
Name Shan Cavazos	Position Counselor	Phone (H)	Phone (W) 758-3615	Phone (C) 806-790-2318
Term Continuo	Email Address scavazos@seminoleisd.net		Signature <i>Shan Cavazos</i>	<hr/>

SHAC/Wellness Meeting - October 18, 2017

Name **Sunny Coats** Position **PE Teacher** Phone (H) Phone (W) **758-5841** Phone (C) **432-209-0524**
Term **Continuo** Email Address **scoats@seminoleisd.net** Signature _____

Name **Annie Dueck** Position **LMS Teacher** Phone (H) Phone (W) **758-9431** Phone (C)
Term **Continuo** Email Address **adueck@seminoleisd.net** Signature _____

Name **Tasha Garcia** Position **Counselor** Phone (H) **806-592-4727** Phone (W) **758-5893** Phone (C) **806-215-1649**
Term **Continuo** Email Address **tgarcia@seminoleisd.net** Signature _____

Name **P.J. Garcia** Position **Parent** Phone (H) Phone (W) Phone (C) **432-209-3103**
Term **2017-18** Email Address **pologarcia316@yahoo.com** Signature _____

Name **Helena Harms** Position **Parent** Phone (H) Phone (W) Phone (C) **432-209-7955**
Term **2018-19** Email Address **elenaheideenns@yahoo.com** Signature _____

Name **Tina Henson** Position **Counselor** Phone (H) Phone (W) **758-2772** Phone (C) **432-847-9170**
Term **Continuo** Email Address **thenson@seminoleisd.net** Signature _____

Name **Cheryl Houston** Position **School Nurse** Phone (H) **432-758-5313** Phone (W) **758-9431** Phone (C) **432-788-8332**
Term **Continuo** Email Address **chouston@seminoleisd.net** Signature  _____

Name **Valerie Jackson** Position **Counselor** Phone (H) **432-758-3924** Phone (W) **758-9431** Phone (C) **432-209-1716**
Term **Continuo** Email Address **vjackson@seminoleisd.net** Signature  _____

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Name Julie Jameson	Position Fam. Cons. Sci.	Phone (H) 432-758-2197	Phone (W) 758-5873	Phone (C) 432-788-7130
Term Continuo	Email Address jjameson@seminoleisd.net	Signature _____		
Name Maria Knebel	Position School Nurse	Phone (H)	Phone (W) 758-5843	Phone (C) 432-847-7842
Term Continuo	Email Address mknebel@seminoleisd.net	Signature _____		
Name Gary Laramore	Position Superintendent	Phone (H) 432-758-3662	Phone (W) 758-3662	Phone (C) 806-576-6373
Term Continuo	Email Address glaramore@seminoleisd.net	Signature  _____		
Name Kevin McCasland	Position Parent	Phone (H)	Phone (W) 758-3615	Phone (C) 432-788-4243
Term 2018-19	Email Address kmccasland@seminoleisd.net	Signature _____		
Name Brandi McCormick	Position PE Teacher	Phone (H)	Phone (W) 758-3615	Phone (C) 432-788-7276
Term Continuo	Email Address bmccormick@seminoleisd.net	Signature _____		
Name Bethany Miller	Position Special Programs	Phone (H)	Phone (W) 758-3662	Phone (C) 806-577-9864
Term Continuo	Email Address bmiller@seminoleisd.net	Signature _____		
Name Kathy Moore	Position Principal	Phone (H) 432-209-0620	Phone (W) 758-5841	Phone (C) 432-788-0545
Term Continuo	Email Address kmoore@seminoleisd.net	Signature  _____		
Name Abram Neufeld	Position Parent	Phone (H)	Phone (W)	Phone (C) 432-209-0381
Term 2017-18	Email Address ellieabeneufeld@att.net	Signature  _____		

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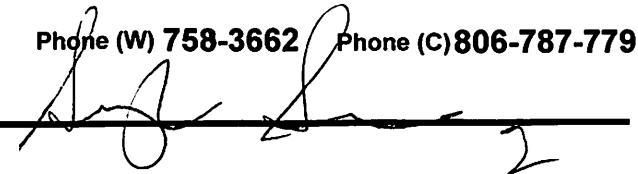
Name	Elanor Neufeld	Position	Parent	Phone (H)		Phone (W)		Phone (C)	432-209-4922
Term	2018-19	Email Address	ellieabeneufeld@att.net		Signature				
Name	Karla Nye	Position	Counselor	Phone (H)		Phone (W)	758-3636	Phone (C)	505-870-1580
Term	Continuo	Email Address	knye@seminoleisd.net		Signature	<hr/>			
Name	Kalie Peters	Position	Parent	Phone (H)		Phone (W)	758-3662	Phone (C)	432-209-0389
Term	2019-20	Email Address	kpeters@seminoleisd.net		Signature				
Name	Shelley Roberts	Position	Parent	Phone (H)	432-758-2684	Phone (W)		Phone (C)	806-215-3066
Term	2019-20	Email Address	shellrobertsrn@yahoo.com		Signature	<hr/>			
Name	Phillip Sanders	Position	Health Teacher	Phone (H)		Phone (W)	758-5873	Phone (C)	281-802-2234
Term	Continuo	Email Address	psanders@seminoleisd.net		Signature	<hr/>			
Name	Nancy Sawatzky	Position	Parent	Phone (H)		Phone (W)		Phone (C)	432-955-8609
Term	2017-18	Email Address	ride4jc@gmail.com		Signature				
Name	Stacey Spradlin	Position	Counselor	Phone (H)	432-758-6093	Phone (W)	758-5893	Phone (C)	432-201-0397
Term	Continuo	Email Address	sspradlin@seminoleisd.net		Signature				
Name	Katie Spradlin	Position	Student	Phone (H)		Phone (W)		Phone (C)	student
Term		Email Address			Signature	<hr/>			

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Name **Sylvia Suarez** Position **Parent/Co-Chairman** Phone (H)
Term **Continuo** Email Address **ssuarez@seminoleisd.net**

Phone (W) **758-3662** Phone (C) **806-787-7791**

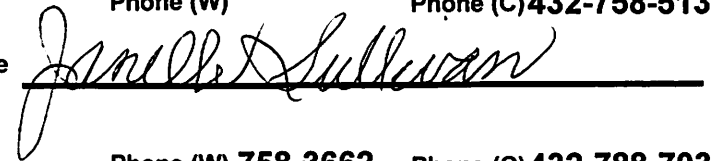
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Name **Janelle Sullivan** Position **Board Member** Phone (H)
Term **2019-20** Email Address **djackson@seminoleisd.net**

Phone (W) Phone (C) **432-758-5130**

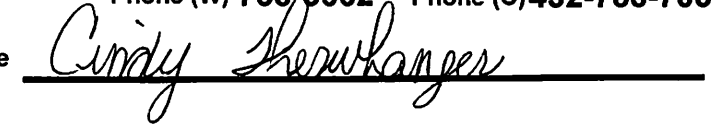
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Name **Cindy Therwhanger** Position **Dir. of Food Services** Phone (H)
Term **Continuo** Email Address **ctherwhanger@seminoleisd.net**

Phone (W) **758-3662** Phone (C) **432-788-7037**

Signature



Name **Cade Thomas** Position **Student** Phone (H)
Term Email Address

Phone (W) Phone (C) **student**

Signature

Name **Joden Williams** Position **Public** Phone (H)
Term **2019-20** Email Address **joden525williams@gmail.com**

Phone (W) Phone (C) **432-209-0218**

Signature

