



School Health Advisory Minutes

2-22-2011

- I. **Members Present:** Nancy Brewer, Angela Hancock, Cindie Walker, Susan Luna, Joey Alvarez and Leanna Perez
Advisors to Committee present: Nancy Demel
Guests Present: Dr. Leigh Johnson
- II. **Minutes-** Reviewed minutes from December 7, 2010 meeting
- III. **Items for Information/Health Concerns**
 - a. The flu and strep have been going around on both campuses.
 - b. South Plains Rural Health Dental will be coming out on 2-23-11 and be doing a dental presentation for PK-5th grades.
 - c. Boot Camp Wellness is going on for employees. This wellness service is provided by our workers compensation company, Edwards Risk Management.
 - d. The WWL(Whiteface Weighs Less) is going on. This is a contest similar to the “Biggest Loser”. There is a \$10.00 weekly prize and a grand prize at end of the competition.
 - e. We will be having another student immunization clinic in April in the nurse’s office.
 - f. Reminded about the School Health Website on the Whiteface Website.
- IV. **Depression in Children and Teenagers**

This was presented by Dr. Leigh Johnson. Dr. Johnson is an associate professor with Texas Tech University Health Science Center of Family and Community Medicine. Depression is the most common mental disorder, but is very treatable. One out of 33 children exhibits symptoms of depression. Children as young as four have been treated for depression. In the classroom, depressed students may appear unmotivated and uncaring about their work. See attached handout for the complete presentation.
- V. **Next meeting will be in April or May.**
Adjourned without a motion.