



Health Advisory Minutes 9-27-13

I. Minutes from March 3, 2013

II. New Breakfast Guidelines

Mrs. Demel reports that the new USDA regulations for the School Breakfast Program went into effect for the 2013-2014 school year. Requirements include that all flavored milk be fat free and other milk served be low fat; all grain products served be whole-grain rich; weekly limit on calories and no items may contain trans fat except items containing naturally-occurring trans fat. The next target for government regulation will be the sodium content of food.

III. Hearing Study

Leigh Ann Reel, Au.D., Ph.D., CCC-A, Assistant Professor in Audiology from Texas Tech University Health Sciences Center contacted Mr. German about participating in a hearing study for our secondary student body. The purpose of this study is to investigate rural adolescents' history of noise exposure and to test their hearing sensitivity. Adolescents in rural areas may be more likely to be exposed to loud noise associated with farm equipment, gunfire, and heavy machinery. As a result, they may also be more likely to show signs of early noise-induced hearing loss. Last spring, they tested 159 students across 5 rural schools in the West Texas area. The grant will end 12-31-13 and they need to test 91 more students.

IV. Items for Information/Health Concerns

- a. We collected 25 pints of blood at our blood drive on September 11th.
- b. All student mandated health screenings have been completed.
- c. Calvert Home Health will be coming out in October for a student immunization clinic.
- d. Community wide flu shot clinic will be Thursday, October 31st from 7:00AM - 8:30AM. Flu shots will be \$25.00 for the community.
- e. The student immunization report will be submitted to the state in November.

V. Next Meeting-November/December 2013

