

School Health Advisory Committee (SHAC)
Meeting Minutes
1/11/16 – 3:40 to 5:00pm
Barre Town Library

Co- Chairs: Tanya Crawford-Stempel and Laura Thygesen
Notes submitted by Laura Thygesen

“The School Health Advisory Committee creates supports and implements programs and policies that utilize knowledge, skills and experiences to support and sustain life-long healthy choices and connect health and learning for students, parents, staff, and community.”

In attendance: Tara Simpson, Bob Hildebrand, Tanya Crawford-Stempel, Lexa Jones, Sarah Drohan, Karen Moran, Angie Carpenter-Henderson, Lauralea Curavoo, Erica Pearson, Laura Thygesen, Jen Trombly, Jen Malnati, Elizabeth Malnati, Karen Nelson, Erika and Mia Dolan

Review December minutes
December meeting minutes approved
Introductions

Announcements:
Act 46-stay involved for health links

Old Business:
Taste Test: Parsnips for grade 5/6 upcoming
Food repurposing:

- a. Share table-could each classroom have a share table, at breakfast-have a bucket for fresh fruit not eaten to be shared throughout the day
- b. Freeze to get to shelter (Good Samaritan in Barre). USDA supports this, Good Samaritan interested, food bank not interested in pre-prepared food. Need a cryovac machine, students and community to help freeze and label foods on a scheduled basis.

Schedule clarification from Sarah Drohan-gr 5 required to take band/chorus, 6-8 choice. This impact recess access. Enrichment block and TA time sometimes does outdoor activities.

Awareness Walk-Tanya shared 2 CSL students interested in this project

WSCC 10 Domains: reviewed what was brainstormed at prior staff mtg (what we have, what we want)

Nutrition Environment and Services: myplate.gov (healthy snack suggestions), cooking classes for families (Hunger Free VT, Cooking for Life) Are these only offered to low-income families? Add recipes for taste testing in parent newsletter.

Health Services: tabled furthering the discussion until Feb. mtg

Action Plan Update: tabled until Feb. mtg