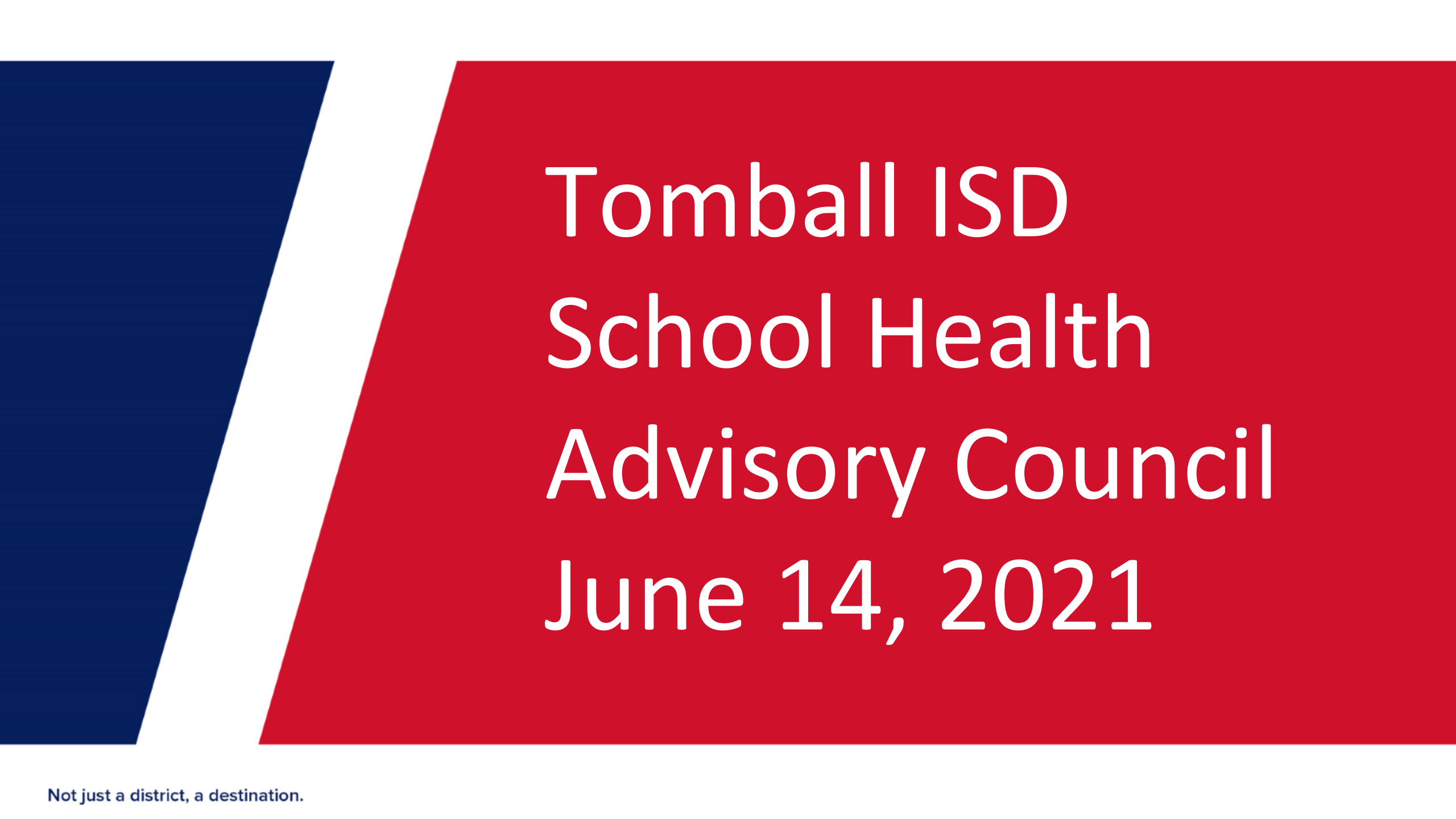




TOMBALL

INDEPENDENT SCHOOL DISTRICT



Tomball ISD
School Health
Advisory Council
June 14, 2021

SHAC Members 2020-2021

Parents

Diane Broome
Melissa Brown
Leslie Countryman
Keri Davis
Stacy Davis
Staci Gullingsrud
Beth Isernhagen
Adria Keeney
Jennifer Kratky
Shannon Lewis
Julie Maldonado
Rebecca masciola
Jenny McLeod
Melizza Mendoza
Stephanie Piepho
Rachel Scott
Jen Shaffer

Staff

Deborah Britton
Tweaka Dilek
Karen Graves
Whitney Johnson
Cathy Pool
Vince Sebo
Trisha Smith
Bob Thompson
Kevin White
Susanne Whitley



Meeting Dates



October 12, 2020	4:00 P.M. – 5:00 P.M. (Zoom)
November 9, 2020	4:00 P.M. – 5:00 P.M. (Zoom)
January 11, 2021	4:00 P.M. – 5:00 P.M. (Zoom)
April 12, 2021	4:00 P.M. – 5:00 P.M. (Zoom)



FFA(LOCAL)



The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.



Wellness Plan

Recommended Revisions



Physical Activity Goal: The District shall Provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Added Action Step:

- *Encourage teachers to utilize activity breaks as rewards as opposed to candy or other tangible objects*



Recommended Revisions (cont.)



New Physical Activity Goal: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: Elementary campuses will schedule at least twenty minutes of daily outside recess time when feasible.

Objective 2: At least one secondary campus will schedule daily time for students to be outside.



Recommended Revisions (cont.)



Physical Activity Goal: The District shall promote wellness for students and their families at suitable District and campus activities.

Added Objectives 2 and 3:

- *The district will offer one activity for parents each year to provide education regarding social media safety and/or methods for reducing screen time.*
- *The district will include a section on the SHAC webpage with healthy living tips.*



SHAC Recommendations

- Approve Revisions to the district Wellness Plan
- Revise Wellness Policy FFA(LOCAL) to include new Wellness Plan Physical Activity Goal (for Board approval in August):
 - *The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.*



Questions?
Comments?

