

SHAC Meeting Minutes-November 30, 2022

Attendees: Dr. Bough, Mrs. Tebbenkamp, Vickie Collins, Lacey Ross, Rolanda Lawler

Current staff wellness challenges (Biggest Loser and Maintain, Don't Gain) have not a lot of participation. Ideas for new challenges were discussed. Those mentioned include Walk Across America step challenge, & daily in-place moving exercises (such as squats, lunges, jumping jacks).

As a fun way to encourage students and staff to incorporate movement into their daily routines, classroom competitions and family exercise challenges were discussed.

Nutrition counseling provided by Bright Sky Nutrition is free to employees that are on school insurance. Several staff members have utilized this great benefit and have provided good feedback. Another wonderful benefit for all employees, eligible dependents, and household members (regardless of health insurance coverage) is free confidential counseling that provides a starting place for addressing personal problems and life challenges. Scheduling these services to be available during the school day so staff can meet individually with a nutritionist &/or counselor was discussed as a way to hopefully get higher participation.

Vickie Collins read the Wellness Policy for review. We are in compliance with the state requirements, except for one soda pop vending machine in the high school that has not been turned off during the school day. Dr. Bough will mention this at the administration meeting later today so that it will be taken care of. Some recommendations for added information to the Wellness Policy were made-specifically regarding the new addition of a school clinician this year, how this school deals with bullying, and being trauma-informed. Dr. Bough will present these ideas to Dr. Hedger and Dr. Gardner for review and possible changes.

In the future, we will plan to invite and encourage more staff members (specifically PE teachers and MS/HS administration) to attend the SHAC meeting.