

SHAC Meeting Minutes-May 22, 2023

Attendees: Michelle Gardner, Ashley Bough, Crystal Tebbenkamp, Vickie Collins, Christy Willis, Marti Miller, and Rolanda Lawler

Vickie Collins and the cafeteria staff are wanting to make food substitutions that would be pleasing to the students with food allergies. The nurses will plan to ask parents this information at the beginning of the next school year when food allergies &/or health concerns are discussed. The nurses will then give that information to Vickie. The Wellness Policy paperwork is in order and we are in compliance.

Next year, the Special Education Department is planning to partner with the cafeteria. Two students will be performing certain tasks such as washing dishes, wiping tables, and helping in the serving line.

Changes to nutritional guidelines, such as lower sodium content in foods and the removal of chocolate and strawberry milk from the drink choices are being discussed in Congress. However, none of these changes have been decided upon or implemented.

Due to the increased price of Chick-fil-A sandwiches, that option may not be available next year in the cafeteria.

Looking forward to the next school year, emails will be sent to parents to discourage them from sending large soft drinks and energy drinks to school for students. Additional nutrition information, along with other wellness tips and ideas will also be sent to parents.

The participation for the Biggest Loser challenge has been low this past year. A list of wellness challenge ideas was passed around. Depending on the challenge, we may plan to do one each quarter, or once each semester. Hopefully, with new challenges and incentives, more staff will be motivated to participate.

In an effort to have more people from our community attend the SHAC meetings, we will plan to combine the SHAC meeting with other meetings-such as the Guidance Advisory Council, Elementary and Middle School Booster Clubs, Student Council, HS Leadership, and Elementary Lighthouse groups. Our goal is to involve as many people as possible, and also to get input and new ideas.