

School Health Advisory Council (SHAC) Meeting

Location: Godley Middle School CLI 9401 Hwy 171 Godley TX 76044

Date: May 9, 2022

Time: Started at 6:01 pm

Attendance

Committee members:

Brian Hunt – Chair Director of Safety and Well Being, Godley ISD

Brian Mourning - Co-Chair, Parent

Leslie Wilson, Teacher

Alice Brooks, Classroom Teacher

Kayla Lain, Parent

Doug Gallagher, Parent

Bradley Bearden. Student

Jalyssa Botello, Student

Christina Howard, employee

Lacey Manuel, Director of Nutritional services

Letitia McCasland, 2-4 campus Assistant Principal

Craig Stevenson, board member

Jason Karnes- Assistant superintendent

Marty Oliver- Technology

Community members:

None present

Agenda Items

1. Public Participation
2. Introduction of Student members of SHAC committee
3. Food Services Report
4. Bullying Identification and Prevention Program Overview
5. Create objectives for the board approved goals on the [Godley ISD Wellness Plan](#)
6. Team Sport Officiating Class Offered at GHS for 2022-2023
7. Plan Date and Time for Next SHAC Meeting
8. Adjournment

Action Items

1. Public Participation discussion- no community members present at this meeting
2. Introduction of Student members of SHAC committee
 - a. Bradley Bearden, Junior
 - b. Jalyssa Botello, Junior
3. Food Services Report
 - a. Lacey Manuel discussed Nutrition services for Godley ISD
 - i. Texas Department of agriculture – nutritional resources for Godley ISD
 1. provides food programs
 2. Has strict calorie requirements
 3. Strict trans fat restrictions
 - ii. 243,000 free lunches given this school year
 1. Next year will likely restart students paying for lunches unless qualifies for free or reduced meals- one court hearing left to decide
 - iii. Summer meals
 1. Breakfast will be offered at 7:30 am – 8:30 am
 2. Lunch will be offered at 11:30 am – 12:30 pm
 - iv. Smart snack offered to the students comply with requirements – unable to sell if they do not meet requirements
 1. Calorie specific
 2. Meet caffeine restrictions
 3. Sodium restrictions
 4. Trans fat restrictions
 5. Carbohydrate requirements/restrictions
 - v. National School Lunch Program
 1. All students must be able to benefit
 2. Has to be within nutritional guidelines
 3. Portions based on age
 4. Must include a variety of vegetables (all colors) and fruits
 5. Sodium content is about to be super restricted in the coming school year
 6. Only low-fat milk to be offered
 7. Including more grains in the coming school year

- vi. Topics discussed in regards to nutrition
 - 1. Kids that eat early lunch, snack time offered?
 - aa.** Generally, snack time incorporated in their class time
 - bb.** Kids generally bring their own snacks or class has snack designated snack provider. Staff sometimes will provide snacks from their own resources.
 - 2. Possibly setting up connection with a business (Spring Market, dollar general, etc) to provide donations of snacks.
 - aa.** Brian Mourning will assist with helping with asking local businesses for donations- not to include anything with peanuts or peanut butter

4. Bullying Identification and Prevention Program Overview

a. Letitia McCasland presented about bullying and strategies taken at the 2-4 campus

- i. Definition of bullying- ongoing and deliberate repeated behavior over a period of time
- ii. Looked at different scenarios of bullying
- iii. Discussed David's Law
- iv. Discussed methods of reporting bullying
- v. If behavior is reported as bully, however, after investigation the behavior is not substantiated as bullying, then will not be categorized as bullying
- vi. Discussed bullying checklist
- vii. Discussed appropriate action for the bullying behavior
 - 1. Counsel
 - 2. Removal from classroom if with the victim
 - 3. Behavior interventionist will get involved
 - 4. Small group sessions
- viii. Educate on bullying prevention
- ix. Mrs. Brooks- all teachers need to be made aware to help
- x. Bradley and Jalyssa give opinions about a student's perspective and what they would want from a teacher- both agree to the removal of the bully from the classroom
- xi. Cyberbullying- how do we approach it- use David's Law

5. Create objectives for the board approved goals on the [Godley ISD Wellness Plan](#)

a. Implementing Goals for Nutrition Promotion

- i. Goal 1: The Districts food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
 1. Objective 1 The SHAC Committee will host a health fair that focuses on nutrition and fitness

aa. Action steps- health and fitness fair and will have mini classes to have nutrition handouts along with fitness. Stakeholders local businesses, students, teachers, senior project students, local medical professionals, district personnel. Resources needed will include, financial, time, volunteers, location, community support. Measure of success will include, community surveyys, platform for community to document success, and Q&A portal website
- ii. Goal 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.
 1. Objective 1: Provide a quick link to healthy websites for family education on nutrition

aa. Action steps- build a platform for healthy nutrition that families can access through our Godley ISD website
 2. Objective 2: Healthy food to be offered to our community via a local food bank at our school locations

aa. Action steps- Students that are involved in our various high school clubs/organizations can help with food drive. Kayla to speak with Open door Church. Leslie to speak with Bear Creek Community Church.

b. Goals for Physical Activity

- i. Goal 1: 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
 1. Objective 1: Classes for lifetime fitness for students (especially High school students that are done with their PE/athletic requirements)

aa. Action – Investigate ways to include classes for lifetime fitness for our students.
- ii. Goal 2: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
 1. Objective 1: Have family fitness events that families can participate together

aa. Action - Work with school club/organizations/senior projects to initiate family health fitness family events. Also, organize a health fair

to incorporate families in our communities to come together and participate as a whole.

- c. Goals for School Based activities
 - i. Goal 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean safe and comfortable
 - 1. Objective 1: Students will have at least 10 minutes for Breakfast and 20 minutes for lunch
 - aa.** Action – Find various ways to provide our kids that do not have time for breakfast- athletics and band for example- with snacks/food. Possibly attaining donations from booster club would be helpful. Possibly keep in coaches office/band director's classroom?
 - ii. Goal 2: The District shall promote wellness for students and their families at suitable District and campus activities.
 - 1. Objective 1: Arrange for flyers that can be distributed at different community events.
 - aa.** Action- Create/collect flyers to distribute. Lacey Manuel can get flyers from website. Possibly attain free books that can be distributed/offered.
 - iii. Goal 3: The district shall promote employee wellness activities and involvement at suitable district and campus activities.
 - 1. Objective 1: Help promote current Wellness activities that the district currently has in place.
 - aa.** Action- Encourage participation of employees of current Wellness activities.
 - 2. Objective 2: Offer fitness classes/running clubs for employees
 - aa.** Action- Investigate ways to offer fitness activities for employees for accountability and increase team building among employees.
 - iv. Discussed nutritional guidelines and fundraiser standards
 - 1. Fundraisers will need to be sent to Brian Hunt for approval
6. Team Sport Officiating Class Offered at GHS for 2022-2023
 - a. After seniors are finished with their sport they can participate in learning how to officiate. A coach can teach this class- coach to be named at a later time after someone will agree to instruct.
 - 1. Great opportunity for students both financially and community service by helping the community with officiating needs for our little leagues.
7. Plan Date and Time for Next SHAC Meeting
 - a. 8/15/2022 at 6 pm at the middle school CLI

8. Adjournment- 5/9/2022 at 7:26 pm

Other Notes

Brian Hunt to get names of Sponsors of organizations/clubs by next meeting