

SHAC meeting – Monday 4/5/2021

Meeting start time – 5:10 pm

ATTENDANCE

See attached sheet

MINUTES

Wellness Plan

Accessible on KISD webpage, triannual assessment sent to each principal to eval how each campus is complying with the plan
In the past – get rid of non-food items sold, access to vending machines during meal times
Stop using food items as rewards for behavior/grades/accomplishments
Stop taking away recess as punishment
Don't train students that food is a reward
Exercise is required for every human body
Discuss/look for/need more constructive ways to reward
Changes to the Wellness Plan are made by the Board
SHAC makes accommodations
Intended to implement local policy
Required by law, stakeholders involved in review
Other items – smart snacks, 6 exempt days for non-nutritious foods, fundraisers cannot interfere with breakfast/lunch, 9 pages, goals set in 2017
Promotion of nutrition
Types of activities/progress recommended/monitored by the State
See page 4 of the Plan – nutrition promotion
Standards have been in place historically
We can formulate policy changes, signed off by Mr. Gee, then presented to the Board
Process for facilitating goes through child nutrition following State and Federal guidelines
Plan has already been in place, following goals
SHAC accountable for action steps to maintain goals
How does SHAC support actions steps to support what district is already doing
Activities – health fairs (virtual for now), food drives, Kids Heart Challenge, field days and other outdoor events, safe routes to school (walkers/bike riders, crosswalks), social/emotional learning and wellness
Not all inclusive, just some examples
SHAC not responsible for hitting the goals, our job is to support what is already in place
Invite counselors, nutrition experts, etc. as guest speakers, so SHAC can be informed and advocate for what district wants/needs to accomplish
SHAC leaders/officers – look at projects/activities to build consensus, identify additional resources

First item wanting to accomplish

Have Laurie Humiston present about how meals meet federal requirements
Virtual KISD students, all Kennedale residents under the age of 18 have access to weekly bundle meal pickup drive thru at KHS
Overcoming distribution challenges – contactless, larger parking lot area to hold larger numbers, containers to keep milk cold, early dismissal days, etc.
How to promote/advertise free bundle meal program – send out texts on M, T, W – PR dept., send out emails, informed city officials, update county website

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Identify – goals/objectives/active steps that will be met and completed this year

It is a federal/state requirement to have this in place

Review – make modifications if anything out-of-date

Propose changes – SHAC authority to revise, find ways to support implementation

Projects/programs

Recommended by the State – list has been emailed to everyone, including link to School Health KISD website and nutrition guidelines

SHAC has to document and report what district/committee is doing

FB page accessible to students and suggestions geared towards teens – educating about healthy food choices, easy and portable options, concerns about safe choices regarding sexual health, addressing STIs and growth/development TEKS in health classes

Having guest specialists speak to students - Aim for Success (469-983-2558), Safe Schools, Ned Shows, Security Resource Officer presentations

School counselors more familiar with programs addressing specific topics already in place

Women's Center has topics – sexting can affect college education, against the law to send inappropriate photos, criminal investigations, mental/emotional stress

Other issues – cyber bullying, harassment, who to reach out to if this is happening, safe place for LGBTQ

School nurses support all students – reminding them they can confide in counselor/school nurse

Delegating/recruiting smaller committees/groups within SHAC who are passionate in a subject can do independent research and present ideas to address

Members can gather and improvise apart from Nurse Vasquez – she will share contact info – but they can network/collaborate/brainstorm ideas

Vote taken and approved - minutes accepted 5:15 pm

- Discussed Google Doc for members to stay informed and to collaborate
- Director of Counseling, Dr. Devlin was unable to attend virtually for her presentation today over the following topics:
 1. Mental Health,
 2. Suicide Prevention
 3. Sexual Education
- Nurse Vasquez will touch base with Dr. Devlin to discuss having her present at the next SHAC meeting.
- KHS had to exclude 21 students today for quarantine
- KISD will continue mitigation procedures
- New quarantine and social distancing guidelines to take effect 2021-22 school year
- Next meeting 5/3/2021 at 5pm
- Chairperson asked if any additional things to address. She was enroute after work, did not have a good internet signal, and did not have any additional items to discuss.
- Members voted to adjourn meeting early today.

Meeting finish time – 5:30 pm