Minutes from S.H.A.C. Meeting
February 21, 2024 10:00 a.m.

Facilitator: Stephanie Schuette

Welcome/Introductions

Call To Order

Attendance
Not Present:

- David Garcia, MIS Principal
- Veronica Garza, SPED Director
- Belinda Morin, Connections
- Alta Earls, Parent
- Erica Moreno, Parent
- Seffina Cortez, Grandparent
- Samatha Moreno, Parent

*Attendance qualifies for quorum

S Schuette: Instructed attendees to review contents of red folders.
Acknowledgement of Handouts:

- Meeting Agenda
- Maslow's Hierarchy and Coordinated School Health
- SHAC Bylaws
- MISD School District's Wellness Policies on Physical Activity and Nutrition
- "7 ways to Help Yourself…"

S Schuette: Consent Agenda

- Vote to Approve Previous Board Minutes from 11.9.23
  Motion to accept: Gail Wilkins
  Second: Leo Cano
  Unanimous, Motion passed

Update on Nutrition and Physical Activity Wellness Policies
Presented by Athletic Director Roger Masters and Food Service Director Sueann Martinez

Food Service Director Sueann Martinez stated that public has shown appreciation for Mathis ISD meal program offering all three daily meals, and usually at no cost to families. She would like meal menus to be developed by a taste testing panel comprised of students. Gail Wilkins would like athletic trainers to

participate on the panel. Sueann Martinez would like the MHS Culinary Arts students to participate, as well. Sueann advised that MISD is currently not compliant with one requirement. We need to add one healthy food item for purchase at every MISD hosted event, including fundraisers.

Athletics: Athletic Director Roger Masters stated he and his staff are currently working to influence lifestyle changes to MISD K-12 students. Focus is on teaching the proper form to run, jump, and stretch, as well as activities promoting increased dexterity. Staff will be participating in fitness and coaching clinics this spring to learn new techniques to teach students necessary skills beyond the required Fitness Gram content. accommodations are made for these students. Summer Norman stated that there is a need for additional physical activity in the classroom to encourage "Brain Breaks" and that the movement should improve brain-based learning. Carrie Campos stated that MES records announcements to allow free time for student breaks at the end of each school day. Summer Norman stated that MMS physical education classes include rigorous work-out sessions 4 days a week, with a free day on the fifth day. Coach Masters stated he would like the lower grades to have a "pre-athletics" class to introduce the content and lifestyle changes sooner rather than later.

Discussion about S.H. A. R E. at Middle School

S. Schuette: Opened topic to round table discussion. Stated that more research needs to be done into the curriculum. Stated that currently MISD teaches social and emotional health for grades K-12; and sexual health for grades 5-12. Stated that choosingthebest.com is an excellent website to refer to for sexual health information. Summer Norman asked if there was a religious component to the SHARE curriculum that needed to be reviewed prior to offering the subject to students and parents. The decision was made to table the discussion and associated vote until further research has been completed.

Community Outreach Ambassador/Driscoll Health Plan
Presented by Christina Brubaker

C. Brubaker: Discussed the benefits of using Driscoll Health Plan. Options are available for Medicaid and Chip recipients. Health education classes can be offered to students, parents, and district employees, as well. The "Positive Parenting Program" (PPP) is based on certified curriculum taught by trained certified healthcare specialists. No-cost services are also offered. Content includes Kid Strong Fitness teaching about the mind/body connection. Also teaches mindfulness exercises to help transition classrooms between subjects. Registration is starting for Fall '24 and will fill up quickly. Services can be offered to DAEP to allow parents to attend classes to learn various parenting skills and resources. Gift cards will be raffled as incentives to attend the classes. Tammy Garcia stated that she would like the classes to be offered to ACE 21st Century parents, as well. Mrs. Brubaker stated that virtual classes can be offered for working parents that cannot attend in-person classes. Sueann Martinez advised that food service may ne able to couple with the PP and offer weekend meal backpacks, similar to those offered to students during COVID, with snacks and healthy food items. Mrs. Brubaker stated that PPP may be able to supply the backpacks.

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S. Schuette asked for a vote to make the Positive Parenting Program our official outreach services.
Motion to accept: Gail Wilkins
Second: Tammy Garcia
Unanimous, Motion passed

Comment and question from S. Schuette: All goals outlined in the Wellness Policy must be aligned amongst our principals, Athletic Director, and Food Service Director to ensure compliance. Does this committee have any questions or comments? If not, the meeting is adjourned.

Meeting Adjourned at 10:50a.m.