

# Minutes from S.H.A.C. Meeting

## November 9, 2023 9:30 a.m.

**Facilitator:** Stephanie Schuette

**Welcome/Introductions**

**Call To Order**

**Attendance:**

**Not Present:** SueAnn Martinez, Food Service Director

Roger Masters: Athletic Director

Attendance qualifies for session to continue.

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

First Handout: Definition of SHAC, read aloud.

- Informed attendees that SHAC needs a few more members from the community, must meet the requirement of 10.
- Asked attendees if meeting notifications may be sent via text message, all parties agreed.
- No questions.

Second Handout: SHAC bylaws, read aloud.

No questions.

Third Handout: MISD Current Wellness Policies, read aloud.

**Comment from S. Schuette:** Future sessions will have content presented by SueAnn Martinez, regarding nutrition, and Roger Masters, regarding physical fitness.

**Comment from Belinda Morin:** Stated that public has shown appreciation for Mathis ISD meal program offering all three daily meals, and usually at no cost to families.

**Comment from Cami Guerrero:** Stated she is currently working to address the needs of an increased number of students identified as ADHD and ensure appropriate accommodations are made for these students. Stated that there is a need for additional physical activity in the classroom to allow students the opportunity to release energy and reset the mind to focus on classroom material.

**Question from Stephanie Schuette:** Regarding Communication with Parents, are parents allowed to bring outside food to students?

**Answered by David Garcia:** Parents may bring a lunch meal to their student. Parents may not bring lunch for other students, i.e., birthday lunch parties are not allowed. However, parents may bring birthday cupcakes and juice for an end of the day classroom celebration.

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**Comment from S. Schuette:** Regarding Staff Wellness, it is important to recognize and support those staff members who may be struggling with the differences between traditional education settings and modern school settings. Mathis ISD is currently looking into re-establishing an exercise program for staff, as well as offering free counseling sessions. SHAC may be able to assist by fundraising for treats and equipment, such as a massage chair for each campus.

**Comment from Cami Guerrero:** Regarding Daily Recess, repeated that due to the increased number of students identifying as ADHD, it is important to integrate more physical activity into the school day. It has been proven to help with focus and strengthen memory. Students should have 135 minutes of daily physical activity to remain in compliance with state standards. Campuses may need to increase recess by 5 minutes to meet standard.

**Comment from David Garcia:** MIS third grade offers additional optional indoor recess times for each class. Fifth grade rotates recess time outside utilizing only a small area by Lee Street, but there is no playground equipment. Fourth grade has no recess.

**Comment from S. Schuette:** SHAC can look into fundraising for MIS playground equipment.

**Question from S. Schuette:** Do DAEP students still walk outside twice a day?

**Answered by Gail Wilkins:** Yes.

**Comment from David Garcia:** Regarding the fitness assessment, MIS starts preparing for the annual assessment at least 2 months in advance, and records student's progress. Example exercises include pushups, sit ups, and walking.

**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 accept these guidelines and goals as presented today?

**Group Answer:** Yes.

**Comment from S. Schuette:** This committee must read and review all of the content provided today and prepare notes, questions, topics of discussion for the next meeting, date to be determined.

**Question from Belinda Morin:** Regarding hygiene, are students provided with basic hygiene products like deodorant, tampons, shampoo, etc, if they need them? Is there a campus store or pantry where they can get these products?

**Answered by Carrie Campos:** Yes, all emergency toiletries are kept at each nurse's station.

**Comment from Belinda Morin:** Maybe they can keep products in bathrooms at high school campuses for easier access?

**Handout distributed by Belinda Morin:** regarding CONNECTIONS Individual and Family Services. Offered services to Mathis ISD and community.

Meeting Adjourned at 10:34a.m.