

SHAC Agenda 12/14/22, 4:00 pm

Speakers:

Denise Fletcher – Hidden in Plain Sight

Molly Wright – American Heart Association

Food Service information – Linda Mora

Review of minutes

Old News:

SHAC update from last year New requirements

New laws

New News:

Upcoming meetings: CSC Big Room at 4:00 pm

February 15, 2023

April 19, 2023

SHAC Agenda 12/14/22, 4:00 pm

Speakers:

Denise Fletcher – Hidden in Plain Sight

Denise Fletcher shared information about Hidden in Plain Sight. It is a parent informational session that allows parents to be proactive in knowing how to identify items that may be hidden from them to know how to hide drug paraphernalia. Presenting idea to present this for parents, possibly at a major event such as a basketball game. See attached information.

Denise also talked about involving Sergeant Amy Gonzalez to speak about internet safety as well. Obstacles currently involvement.

Molly Wright Amanda Huffley – American Heart Association – The complete Kids Heart Challenge and American Heart Challenge, formerly Jump Rope for Heart. They may participate with a QR code to evaluate vaping, and physical education, covering all the TEKS within the physical education setting. They also have a healthy/wellness plan for staff they they shared. They discussed the district health challenge, including email challenge including theme for the months of stroke awareness, heart attack, moving, mental health check in, etc. See attached information.

Food Service information – Linda Mora (Not available)

Many of the district are currently ill and some are at a RAPTOR training meeting, and some are at a meeting at HPU with a Senator.

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SHAC MEETING SIGN-IN SHEET

Project:	SHAC Meeting	Meeting Date:	12/14/2022
Facilitator:	Brownwood ISD	Place/Room:	CSC Board Room

Name	School/Company	Phone	E-Mail
Molly Wright	American Heart		molly.wright@heart.org
Amanda Heffley	American Heart	512-589-4324	amanda.heffley@heart.org
AMANDA BUTLER	IRC	(325) 675-5643	amanda.butler@rescue.org
JENNA JACOBY	IRC	(214) 876-3757	jenna.jacoby@rescue.org
MAKENNA PAYNE	IRC		makenna.payne@rescue.org
Denise Fletcher	BMS	325-646-9545	denise.fletcher@brownwoodisd.org
Courtney Parrott	Texas A+M AgriLife Extension	325-646-0386	Courtney.parrott@ag.tamu.edu
ROBERT LEE	BISD	911 0	robert.lee@brownwoodisd.org
SANDRA SKRHAK	WOODLAND	325-646-8633	sandra.skrhak@brownwoodisd.org
Kassie Russell	WH	512-376-8013	kassie.russell@brownwoodisd.org
Jacob Stephenson	WH	325-330-3422	jacob.stephenson@brownwoodisd.org

Brownwood ISD Menu Advisory Board/SHAC Committee
Minutes 10/19/22

Danielle Howard introduced herself, and initial speaker.

Courtney Parrott – Provision of services by Texas A&M Ag Extension Office, Family and Community health, Specific to Coggin Elementary.

Described position as similar to a Home Economics Teacher. She is partnering with Coach Phipps to become a Healthy School Recognized Campus. She discussed the Walk across Texas Plan that allows students to walk 832 miles throughout the fall semester. She shared the information shared with parents through the school newsletter, and water bottle provided to every PK to Second Grader. Kids got their own plate with “my plate” covered to discuss healthy eating habits with eating all the fruits of the rainbow. They further received “physical activity dice” to allow communication with parents and promotion of physical activity within the home and the child’s life. The students will next be focused on pedestrian and vehicle safety including coloring books, orange bags, and light up bracelets in relation to the Halloween season. Additionally, they will be covering proper hand washing. They are partnering with Rivercrest to provide hand sanitizer and Center for Life Resources to discuss sleep and having a bedtime routine. CFLR is providing one free book for every student. For the last lesson, they will be partnering with Dr. Goodwin to provide free toothbrushes and discussing the importance of dental hygiene. Wendy Hamilton discussed parent and staff engagement opportunities allowable for healthy education, and related incentive items.

Ms. Valérie Scull – CNA and Pharmacy Tech Opportunities offered through Brownwood High School.

Ms. Scull talked about materials provided to the Pharmacy Tech students, including insurance training, and provision to be able to provided into health science theory, including community clinical rotations, including dental office, vet office, and about 11 various sites within the hospital. By senior year, they may complete the year a Certified Nurses Aide and a Pharmacy Technician. Local community pharmacies and health care providers have expressed great interest in acquiring the graduates of this program.

Officer Bastardo/Doug Bonsal – Talking about school safety measures added this school year. Doug Bonsal talked about the Raptor program, weekly door checks, going over the reunification plan, and included stop the bleed program. Officer Bastardo discussed educating parents regarding working towards reunification plan. He handed out the Standard Reunification Method and discussed it in detail. Officer Lee covered “Table Talk” discussion in which fictional scenarios are covered to create appropriate response plan and progress.

Menu advisory– Mitch Moore

Mitch Moore discussed SFE remains our food service provider, working on establishing programs that educate regarding health food safety. Food supply chain issue continue. If there are recommendations regarding food menu options, Linda Mora is open to suggestions. Students must qualify for application for free lunches. New lights, floors, and kitchen equipment have been added to our cafeteria among

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American
Heart
Association

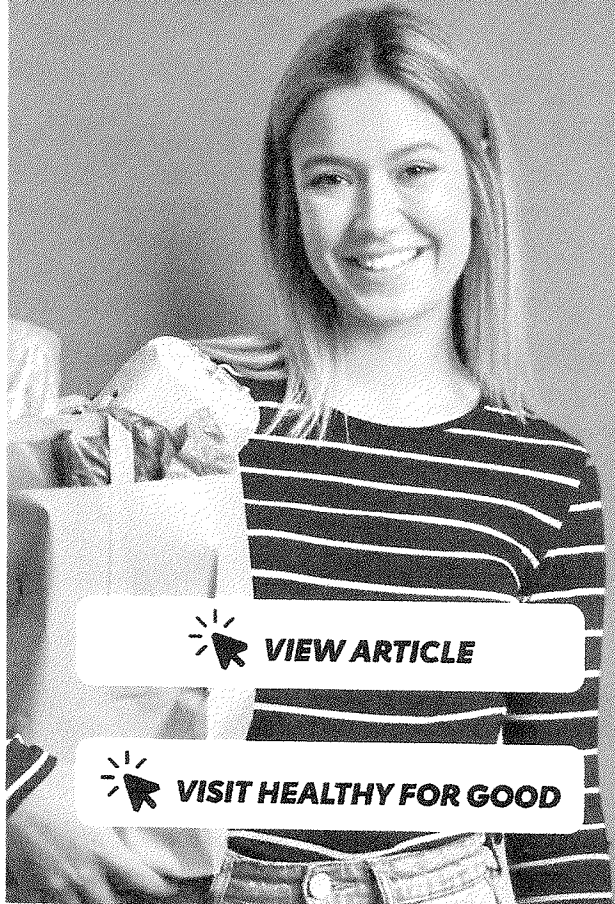
CAN PROCESSED FOODS BE HEALTHY?

There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, even foods labeled "natural" or "organic" can be processed.

What do you need to know?

1. Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.
2. Some foods are processed with ingredients typically used in cooking, such as salt or sugar.
3. Highly processed foods are manufactured with ingredients that are not typically used in cooking.



VIEW ARTICLE



VISIT HEALTHY FOR GOOD

December



Almond Snack Mix

SERVES 4 / SERVING SIZE 1/2 CUP

Ingredients

- 1/3 cup whole, unsalted almonds
- 2/3 cup whole-grain cereal squares
- 1/2 cup low-fat granola (without raisins)
- 1/4 cup dried apricot halves, cut into pieces **OR** 1/4 cup golden raisins
- 1/4 cup sweetened, dried cranberries

Directions

Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.

Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

Tip: If all the snack mix isn't likely to be eaten on the day you make it, we recommend using the golden raisins. The moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it soggy.

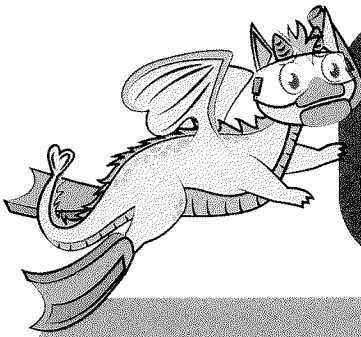
Nutritional Facts

Calories	174	Cholesterol	0 mg
Total Fat	6.5 g	Sodium	72 mg
Saturated Fat	0.5 g	Total Carbohydrate	29 g
Trans Fat	0.0 g	Dietary Fiber	5 g
Polyunsaturated Fat	0.0 g	Sugars	14 g
Monounsaturated Fat	0.0 g	Protein	4 g

Dietary Exchanges: 1 fruit, 1 starch, 1 fat

Help us,
help you!

Let our Heart Heroes help you meet TEKS!



Hydro - "Choose Water"

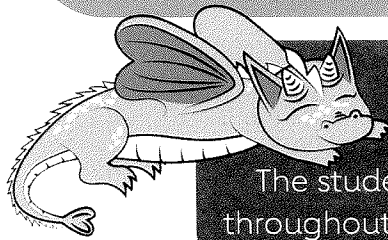
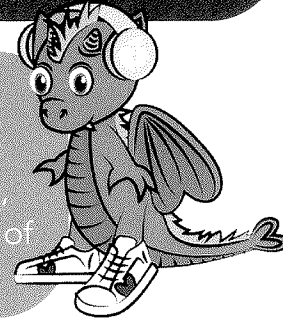
PE Standard 3: Health, physical activity, and fitness--nutrition and hydration

The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to: explain the need for proper hydration to enhance physical activity.

Marley - "Move More"

PE Standard 3: Health, physical activity, and fitness--fitness principles

The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to: discuss the immediate effect of physical activity on the heart and lungs.



Dream - "Sleep More"

Health Standard 1: Health behaviors

The student understands that personal health decisions and behaviors affect health throughout the life span. The student is expected to: describe and practice activities that enhance individual health such as enough sleep, nutrition, and exercise.

Hearty - "Be kind and help others"

PE Standard 4: Social and emotional health—personal responsibility and self-management

The physically literate student demonstrates competency in personal responsibility. The student is expected to: explain and demonstrate respect for differences and similarities in abilities of self and others.



Breeze - "No Smoking, Tobacco and Vaping"

Health Standard 2: Health behaviors

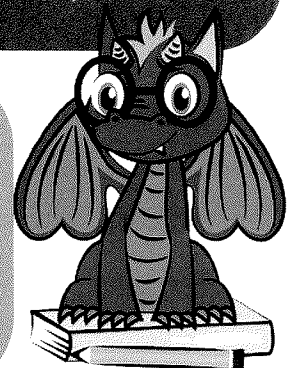
The student understands that safe, unsafe, and/or harmful behaviors result in positive and negative consequences throughout the life span. The student is expected to: identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body.



Baxter - "Be Thoughtful"

Health Standard 8: Personal/interpersonal skills

The student understands ways to communicate consideration and respect for self, family, friends, and others. The student is expected to: explain the importance of showing consideration and respect for teachers, family members, friends, peers, and other individuals.



MIND + BODY = HEALTH for all!

KIDS HEART CHALLENGE. INSPIRING & SUPPORTING WHOLE BODY HEALTH.

We care about the health of your students, families and staff. Physical exercise, proper nutrition and avoiding tobacco are important to wellness, but did you know so is mental health? Mental health can positively (or negatively) impact a person's health and risk factors for heart disease and stroke. Kids Heart Challenge provides lessons, tools and activities to support both mental and physical well-being in your students, families and staff.

MENTAL WELL-BEING AND LIFE SKILLS: highlighting how helping others and being kind can lift mood and self-esteem through service-learning.

- Posters: kindness, respect, communication, affirmations and more
- Videos: mindfulness and breathing exercises
- Service-learning: raising funds for kids with special hearts
- Lesson Plans: conflict resolution, bullying, teamwork
- Calming Walls: relaxing videos
- Brain Boosters: quick breaks that get everyone up and moving

BODY WELLNESS: highlighting nutrition, sleep, physical activity and nutrition to establish healthy habits for a lifetime of health.

- Skills Videos: jump rope, basketball, dance, yoga and stretching
- NFL Play 60: player, mascot and cheerleader led activity videos
- OPEN: activity plans supporting physical activity in the classroom and gym
- Healthy Eating: tips and recipes
- Posters: physical activity, sleep and avoiding tobacco/vaping
- Bilingual: family and faculty newsletters
- Lesson Plans: physical activity, vaping, water, sleep and STEAM
- Morning Announcements: body wellness and mental well-being

EXPLORING THE WORLD OF STEAM: opening the eyes of students to the exciting world of STEAM and STEAM careers. Will one of your students be a future AHA funded researcher, helping to save lives through the advancement of science?

- Augmented Reality: field trips through the heart, brain and lungs
- Videos: career pathing
- Lesson Plans: interactive
- Young Scientists Contest: chance to attend the largest cardiovascular conference in the world!

BE YOUR BEST SELF: helping students explore and discover new passions, including music, art, journaling, cooking and more. Students can even become young advocates for the AHA's mission.

- Videos: celebrity led dance routines
- Recipes: delicious and healthy
- Music Playlists: get your heart pumping
- Videos: cooking healthy recipes
- Coloring sheets
- Poster: celebrate and be kind to yourself
- Journaling

SCHOOL & TEACHER BENEFITS: resources supporting the work of our schools and the well-being of our staff partners.

- Grants: supporting school wellness
- Scholarships: juniors and seniors
- Professional Staff Development
- Training: webinars and online resources
- Newsletters: stress, sleep, workouts and healthy recipes
- Learning Hands-Only CPR



American Heart Association.



Kids Heart Challenge School Give-Backs and Incentives

School Raises	US Games Rewards		Direct Contribution to Schools		Total for School
\$1,500 to \$2,999	\$100	+	\$60	=	\$160
\$3,000 to \$4,999	\$200	+	\$100	=	\$300
\$5,000 to \$7,499	\$300	+	\$200	=	\$500
\$7,500 to \$9,999	\$400	+	\$300	=	\$700
\$10,000 to \$14,999	\$500	+	\$350	=	\$850
\$15,000 to \$19,999	\$800	+	\$500	=	\$1,300
\$20,000 to \$24,999	\$1,000	+	\$700	=	\$1,700
\$25,000+	\$1,300+	+	\$800+	=	\$2,100+

If your school raises more than \$25,000 you will receive **EVEN MORE** gift certificates!

GRANTS FOR SCHOOLS!

WHAT IT IS	To celebrate the American Heart Association's 40th year in schools, educators can apply for \$400,000 in grants.
HOW IT WORKS	Have your kids participate in the Kids Heart Challenge and apply.
HOW WE GRANT	Peer-Reviewed by teachers like you!