



Keller Independent School District

School Health Advisory Council Meeting

Meeting Minutes

September 19, 2017

The School Health Advisory Council met on September 19, 2017 at 8:15 am at the Education Center. There were 20 members and 2 guests present.

Introductions were made. The council selected a parent Co-Chair, Maria Wang. The council selected a PE Sub-Committee to be led by Carrie Simmons. The parents serving on the PE sub-committee will be Leisha Flanigan and Kimberly Wheatley.

Heather Johnson from the American Heart Association introduced an Employee Wellness program to the group. Highlights of program include:

- Healthy emails are sent out monthly to all employee
- Participation in Go Red Day (employees can donate \$20.00 and receive a T-Shirt)
- My Life Check
- CPR Anytime

Adjoa Brown presented on the Blue Zone Project.

- 3 KISD schools currently approved as Blue Zones Schools- Timberview, Lonestar and North Riverside
- KHES, Sunset Valley and Basswood currently working on becoming approved schools
- PPT presentation introduced highlights of Blue Zone Project in Schools- Walking School Bus, Fun Runs, Non Foods as Rewards, Focus on Fruit, Composting programs (current at LSES with TVMS and KHES added this school year), Mindfulness, etc
- Encouraged more schools to become involved

Cindy Parsons, RN provided updates in Health Services.

- Telemedicine- currently 15 schools participating
- Get Prepared! Stay Healthy! event to be held on Feb 27, 2018 at KCAL

Carrie Simmons provided highlights in elementary PE.

- 21 Day Challenge will begin Sept 25 and run through Oct 9th. Cook books will be sent home with students with healthy snack recipes. Families are encouraged to follow the recipes for healthy snacks. Families complete an online assessment at the end of program. The students at the school with the highest percentage of completed assessments at the end of the program will receive a prize.
- No Soda November Challenge- many elementary PE teachers will be promoting during November

McKenzie Montgomery provided updates from Sodexo

- Coffee shop opened at TCHS. Coffee is a healthier option, as compared to fast-food, because the Competitive Foods guideline is being followed.
- Juice has been eliminated from the lunch offering