LONDON ISD

SHAC Committee 10/1/2024 Central Administration
4:15 p.m

I. Welcome
Dr. Salazar welcomed all those in attendance

II. Introductions of Members and Guests
Each member and guest introduced themselves to begin the meeting.

III. SHAC Policy/Roles/Responsibilities
Dr. Salazar indicated that we had previously discussed and reviewed the roles and responsibilities of the committee. We have 2 members that are staff (Dr. Salazar & Lisa Alphin). Parent members are Ashley McComb (Co-Chair), Dalia Lujan, Shelby Larkins, and Holly Thomas.

IV. Wellness Policy/Plan Overview
During the meeting Dr. Salazar and Lisa Alpin explained that each district is required to have a local wellness policy and ours is found in our board policy manual (FFA Local). In that policy, the SHAC committee is tasked with developing a wellness plan to implement the district's nutrition guidelines and wellness goals. The district is to assess compliance with the wellness policy requirements every three years. We will conduct our evaluation through this 2024-2025 school year. It was explained that we will use the WellSAT:3.0 as the district

scorecard. Mrs. Alphin, Mrs. Bright, and Dr. Salazar will help gather the data requested by the WellSAT 3.0 and will provide that information to the committee. The review will help us to see how well our plan is in compliance with the wellness policy, and progress made in attaining the goals of the wellness policy. Once we have completed the assessment, we will then determine if there are recommended changes to the policy. We will also determine if changes are needed to the wellness plan.

V. FitnessGram

Mr. Sandroussi, high school assistant principal, presented the FitnessGram to the committee. He explained that this is a TEA requirement for all 3rd-12th grade students and it is intended to help students continue to stay fit throughout their time in school. We will provide the committee overall results of the beginning of year (BOY) data compared to the end of year (EOY) data.

VI. EHAB Daily Physical Activity

Dr. Salazar brought up the daily physical activity requirement set out in EHAB (Legal) policy. He explained that in the policy EHAB (Legal), the requirement is for K-5th grade students to have at least 30 minutes of physical activity per day or at least 135 minutes during each school week. In K-4 students get 20 minutes a day of recess and 3 days of PE a week for 45 minutes for a total of 235 minutes/week. In 5th grade, students get 3 days a week of PE and 20 minutes a day of recess for a total of 241 minutes. We surpass the minimum

requirement. He said he wanted to clarify information written in the wellness plan regarding the goals for physical activity. Last year, he asked the principals to explain how they were meeting the minimum requirements for physical activity. The information given was written in the wellness plan to show what they were doing for the 2023-2024 school year. Dr. Salazar said he is going to remove that information from the wellness plan since we are doing something a little different this year.

VII. Set Dates for future Meetings

Next meeting will be November 19, 2024

Members: Dr. Alex Salazar, Ashley McComb, Dalia Lujan, Lisa Alphin, Shelby Larkins, Holly Thomas