School Health Advisory Council

May 12, 2025

Agenda

1. CALL TO ORDER	Summer Crow, Chair
2. ACTION	
Approval of minutes	Adeline Castleberry, Parliamentarian
Election of Executive Officers	Jodi Webster, District Sponsor
3. REPORTS	
Scope Document Update	Jennifer Price, Assistant Superintendent of Curriculum
Texas Legislation	Summer Crow, Chair
Nutrition Services	Dustin Blank, Assistant Superintendent of Support Services
4. NEW BUSINESS	
Counseling and Mental Health Services	Summer Crow, Chair
2025-2026 Vendors/Partners	
Counseling Options	
5. ADJOURNMENT	Summer Crow, Chair

2025-2026 Executive Committee Elections

- Interest for was sent to all SHAC members on April 2
- Nominations were conducted at the 3rd meeting, April 14
- Nominees
  - Chair — Summer Crow
  - Co-Chair — Stephanie O'Dell
  - Parliamentarian — Adeline Castleberry
  - Secretary — Brandon Bubeck

2025-2026 Executive Committee Elections

District Update – Jennifer Price

- PLACEHOLDER

Texas Legislation – Summer Crow

- Senate Bill 25
  - Passed Senate and House Public Education Committee, awaiting House Chamber hearing
  - Relating to health and nutrition standards to promote healthy living; authorizing a civil penalty.
  - Physical Activity:
    - Kinder – 8th grade:
      - Continued requirement of 30 minutes of moderate or vigorous physical activity a day
      - Added requirement of 6 semesters for 6th – 8th grade students
  - Prohibits restricting participation in recess or physical education as a penalty for behavior or academic performance
  - Health Curriculum TEKS:
    - *Kinder – 8th grade:* SBOE must adopt TEKS for nutrition instruction based on nutritional guidelines recommended by the Texas Nutrition Advisory Committee (0.5 semester requirement)
    - *High School:* Must provide an elective course in nutrition and wellness

Texas Legislation – Summer Crow

- Senate Bill 314
  - Passed Senate and House Chambers
  - Relating to prohibiting certain foods from being included in free or reduced price meals provided by the school district.
  - Begins 2026-2027 school year
  - Only applies to meals provided as free or reduced price meals
  - Those meal cannot contain the following substances:
    - Brominated vegetable oil (BVO)
    - Potassium bromate
    - Propylparaben
    - Azodicarbonamide
    - Butylated Hydroxyanisole (BHA)
    - Caramel
    - Titanium Dioxide
    - Red 3
    - Red 40
    - Yellow 5
    - Yellow 6
    - Blue 1
    - Blue 2
    - Green 3

Texas Legislation – Summer Crow

- Senate Bill 12
  - Passed Senate, House Public Education Committee hearing tomorrow
  - Prohibits infringement on the right of parents to direct the moral and religious training of their child
  - Requires parent consent to medical, psychiatric, and psychological treatment of their child, except as necessary
  - Requires school districts to notify the parent of any change in services provided to or monitoring of the student related to the student's mental, emotional, or physical health or well-being
  - Makes human sexuality instruction opt-in rather than opt-out
  - Prohibits instruction or programming regarding sexual orientation or gender identity
  - Prohibits school districts from authorizing or sponsoring a student club based on sexual orientation or gender identity

Child Nutrition Program

SHAC MEETING – 05/12

Overview

- National School Breakfast Program (SBP) & National School Lunch Program (NSLP)
- Food Purchasing/Contracts
- Meal Pattern/Requirements
- Reimbursable Meals & OVS
- Student and Adult Meal Prices
- Staffing – Promotions – Student Engagement

Child Nutrition Programs

- Keller ISD operates the National School Breakfast and Lunch Program at all campuses. These are **federally funded** meal programs that provide nutritionally balanced and low-cost or no-cost meals to children who qualify for the free/reduced meal program.

- The U.S. Department of Agriculture (USDA) administers the programs at the federal level. At the state level, these programs are administered by The Texas Department of Agriculture (TDA).

Food Purchasing –Sources -Contracts

- Keller ISD has a contract with Sodexo, a food service management company.
- Sodexo purchases food and supplies for our meal service operations.
- School Cafe website to view transactions, upload money, and add restrictions to meal accounts: SchoolCafé - KELLER ISD
- Menus links are on the KISD website: Nutrislice | Keller ISD

Meal Preparation – USDA Requirements – Nutritional Guidelines

Menus must follow a specific meal pattern governed by USDA and TDA. These guidelines are developed based on the Dietary Guidelines for Americans.

- *Reimbursable Meals*
- *Offer versus Serve*
- *Meal Pattern – NSLP, SBP*

Menu Item Development – Daily Selections

- What is a reimbursable meal?
  - Districts receive federal reimbursements for each meal they serve that meets federal nutrition standards.

There are specific menu requirements we must meet to be compliant with our menu process.

- ✓ Calorie minimum and maximum levels based on age/grade groups
- ✓ Sodium limits
- ✓ Saturated fat limits
- ✓ Sugar limits
- ✓ No trans fats

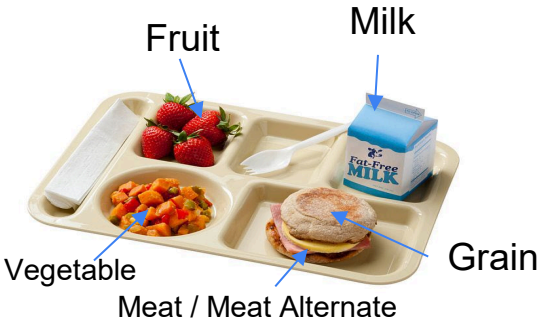
Menu Item Development – Daily Selections

What is offer vs serve?

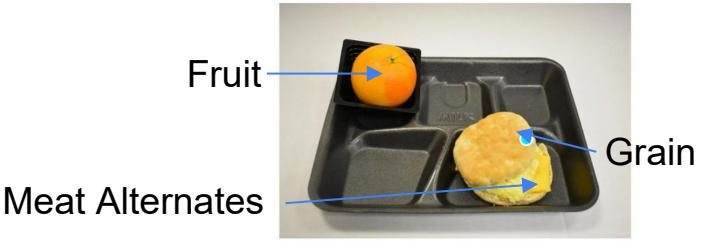
- Offer Versus Serve (OVS) allows students to decline some of the food items on the serving line.
- The goals of OVS are to reduce food waste and to permit students to choose the foods they want to eat.
- If the student selects a reimbursable meal (complete meal), the price of the meal does not change. Any incomplete meals are charged at al a carte pricing.
- Because students may choose fewer selections under OVS, guidance is provided on what constitutes a reimbursable lunch and breakfast.

Breakfast Menu Item Development - Reimbursable Meal Rules

- 3 Food Components:
  - Fluid Milk
  - Fruit (or Vegetable)
  - Grain (may offer Meat/Meat Alternate after grain is offered)

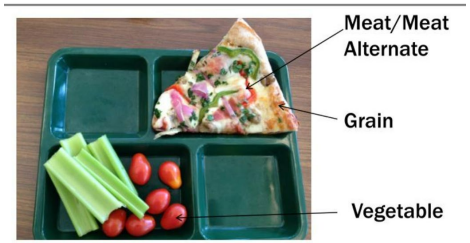


- Student must select a minimum of 3 food **items** .
  - *1 of the items must be ½ cup of fruit or vegetable.
  - *Juice is considered ½ cup of fruit at breakfast.
  - *Students may decline milk.



Lunch Menu Item Development – Reimbursable Meal Rules

- 5 Food Components:
  - Fruit
  - Vegetables
  - Grains
  - Meat/Meat Alternates
  - Milk

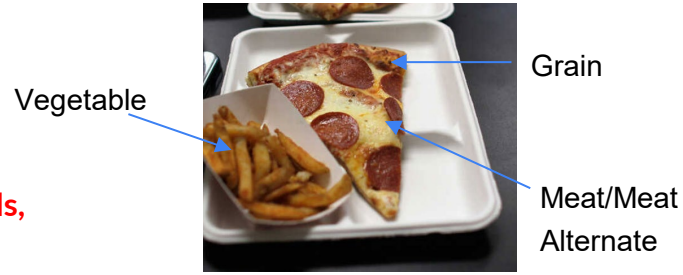


- Student must select 3 out of the 5 food components:

  *1 of the components must be ½ cup of fruit or vegetable.

  *Potatoes fall into the starchy vegetable component.

  *Students may decline milk.



Weekly requirement for dark green, red/orange, beans/peas/lentils, starchy, and other vegetable subgroups.

Smart Snacks

- Snacks and Beverages sold in our cafeterias must meet USDA Smart Snack standards.
  - Calorie limits
  - Sodium limits
  - Fat limits
  - Sugar limits
  - Whole Grain requirements

Smart Snacks Product Calculator

Smart Snacks vs Regular Snacks

K-12 product

Regular product

K-12 product

Regular product

Student Meal Prices

- Districts must adhere to USDA/TDA guidelines for student meal prices.
- For reduced-price meals, pricing maximum is 40 cents for lunch and 30 cents for breakfast. The 88th Texas Legislature allocated funding so that students eligible for reduced-price school meals can eat breakfast at no charge this school year.
- For paid lunches, districts must use the Paid Lunch Equity Tool (PLE) to ensure that federal reimbursement from free and reduced priced lunches does not subsidize paid lunches.

MEAL PRICES
2024-2025

FULL AND REDUCED PRICED MEALS MAY BE PURCHASED BY THE DAY, WEEK OR THE MONTH

PK-12 GRADE	BREAKFAST	5-DAY	20-DAY
PAID	$1.20	$6.00	$24.00
REDUCED	$ .00	$ .00	$ .00
ADULTS	$2.55	$12.75	$51.00

MEAL PRICES	LUNCH	5-DAY	20-DAY
ELEMENTARY	$2.95	$14.75	$59.00
SECONDARY	$3.05	$15.25	$61.00
REDUCED	$ .40	$ 2.00	$ 8.00
ADULT	$4.50	$22.50	$90.00

**DEPOSITS FOR MEALS MAY BE MADE AT ANY SCHOOL CAMPUS CAFETERIA, AT THE CHILD NUTRITION OFFICE, OR ONLINE AT WWW.SCHOOLCAFE.COM

This institution is an equal opportunity provider.

Adult Meal Prices

- USDA/TDA requires districts to use the meal calculator every year to price out adult meals.
- The calculator ensures that federal reimbursements and other sources of revenue from the Child Nutrition Program does not subsidize adult meals.

Meal Pricing for Adults

Since the expressed purpose of federal assistance is to safeguard the health and well-being of the nation's students, meals served to adults are not eligible for federal cash reimbursement—therefore, the reimbursements CEs receive for serving students must not be used to pay for adult meals.

Staffing – Promotions – Student Engagement Opportunities

- Future Chef Event happens every March
- Fine Dining's starts in January
- Cook outs start around March
- The Child Nutrition Department is continually always hiring throughout the year. This is a great opportunity for someone who is interested in filling time while the kids are at school. We have some five-hour positions available.

**Disclaimer: All parents sign a consent and waiver form for their child's picture to be released.*

Partners / Vendors for 2025/2026 – Summer Crow

- Alliance for Children
- Recover Resource
- KISD Counseling Lesson Bank
- Mavs Man

Counseling Competencies – Summer Crow

Currently, student registration includes an opt-out form. The form is comprehensive for all competencies below.

Intrapersonal Effectiveness

- Positive student self-concept
- Effective executive functioning skills
- Appropriate behavior to the situation and environment

Interpersonal Effectiveness

- Effective interactions with diverse populations
- Effective and appropriate communication skills
- Recognition of personal boundaries, individual rights and privacy needs of others
- Effective conflict resolutions skills
- Development of healthy relationships

Personal Health and Safety

- Incorporation of wellness practices into daily living
- Demonstration of resiliency and positive coping skills
- Possession of assertiveness skills necessary for personal protection

Post-secondary Planning and Career Readiness

- Motivation to succeed in personal endeavors
- Demonstration of career exploration skills
- Possession of the knowledge and skills to gather information for the purpose of postsecondary education and career planning
- Demonstration of awareness of the importance of postsecondary education
- Understanding of the relationship of academics to the world of work and to life at home and in the community

Counseling Opt-Out Form: Numbers

615 students opted out of counseling services across Keller ISD

Middle Schools (219)

- Keller Middle – 17
- Fossil Hill – 58
- Hillwood – 56
- Indian Springs – 29
- Trinity Springs – 37
- Timberview – 22

High Schools (396)

- Keller High – 64
- Central – 122
- Fossil Ridge – 98
- Timber Creek - 112

Opt-out Form, SUGGESTED – Summer Crow

Suggestion: Separate Post-secondary Planning and Career Readiness from Opt-Out.

Goal: Allow parents the option to opt out of other competencies while their student continues to receive post-secondary planning.

WHITEBOARD	
Benefits of Separate Opt-Out	**Challenges of Separate Opt-Out**
1. Placeholder for feedback from SHAC	1. Placeholder for feedback from SHAC

General Business / Adjournment

- Minutes Review Committee

- Next Steps for SHAC
  - Final Meeting
  - Be on the lookout for the interest form for 2025-2026 SHAC
  - Trustees will select and the district will notify new committee members in late May / early June
  - Back to School Bash
    - Thursday, July 17
    - Fossil Ridge High School