



**Belton Independent School District
School Health Advisory Council
May 9, 2024
Minutes**

The School Health Advisory Council met on Thursday, May 9, 2024, at 12:00 p.m. at the administration building.

Members in Attendance:

Tanya Bane
Janet Brown
Marylisa Fanning
Brooke Hale

Margaret Hylton
Pete Ramirez
Cindy Rolan
Barry Sharp

Jackie Snow
Tiffany Sommerfeld
Cassandra Spearman
Chris Teager

Guests in Attendance:

Carey Stites - BISD Dietician
Dawn Schiller - BISD Director of Federal Programs

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1. The meeting was called to order at 12:00 p.m. by Dr. Cassandra Spearman, Executive Director of Student Services.
 2. Welcome and share good news.
 3. Dr. Spearman opened the floor for public comments. There were none.
 - 4.
 5. Dr. Spearman reviewed the agenda and proposed amendments to the agenda.
 - a. Discussion to table Physical Education Update and the Proposed Revisions to the Wellness Plan and to add Nutrition Department Update to this meeting. Motion to approve by Barry Sharp. Second by Janet Brown. All approved.
 6. Minutes from the March 7, 2024 meeting were reviewed. Motion to approve the minutes by Jackie Snow. Second by Cindy Rolan. All approved.
 7. Million Mile Month - Dr. Spearman reviewed the registration process.
 - a. [HealthCode Registration Link](#)
 8. COVID-19 Update - Marylisa Fanning, BISD Director of Health Services discussed updated guidance by CDC as of March 2024 and now Updated by the State of Texas Health Guidelines.
 9. Employee Wellness - Tanya Bane, BISD Director of Employee Benefits
 - a. Reviewed the Employee Wellness Program options available at no cost to BISD Staff
 - b. New Hire Orientation is now going through the complete website of the Employee Wellness Program
 - c. At Recharge, BSW & BCBS provided information sessions for employees
 10. Counseling Update - Tiffany Sommerfeld, Director of Academic Advising & Counseling
 - a. K-12 Counselors at each campus focused on Guidance Lessons for each grade level during student advisory time.



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- b. New partnership with TCHATT for students to have access to online therapy with licensed therapists during advisory time in the school day.
11. School Nutrition Update - Chris Teacher, BISD Director of School Nutrition
- a. *Goal 1:* "The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms and other appropriate settings".
 - i. Showcase educational flyers on the serving lines along with educational activity sheets on the Nutrition website
 - ii. Nutrition Education - BISD Registered Dietitian, Carey Stites, led Sparta Kindergarteners in a capacity/measuring cup lesson.
 - iii. Participated in BMS & NBMS Health Fairs
 - iv. Participated in Recharge with a "Nutrition & Wellness Goals" session.
 - b. *Goal 2:* "The District shall share educational nutrition information with families and the general public healthy nutrition choices and positively influence the health of students".
 - i. Nutritional Education activity sheets available on the Nutrition website.
 - ii. Accessing Monthly Menus from the Nutrition website.
 - c. *Goal 3:* The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods".
 - i. Ensuring served meals and Smart Snacks meet national nutrition standards and are only single portion servings.
 - ii. Fresh Fruits and Vegetables Program (FFVP) - Miller Heights qualified for FFVP. The Grant funded program introduces children to new and different varieties and encourages healthier school environments by promoting nutrition education.
 - iii. 2023-2024 Student Menu Planning Committees - A group of 10-20 students, at each campus, selected by their principal to taste test new menu items and provide feedback: Miller Heights Elementary, High Point Elementary, NBMS, BHS.
12. Proposal to add an additional SHAC meeting in June to discuss the revisions to the Wellness Plan and bring the PE Update. Motion to approve Janet Brown. Second by Barry Sharp. All approved. A new meeting date will be added to the calendar and the committee will be sent calendar invitations.
13. The meeting was adjourned by Dr. Spearman at 1:02p.m.

Minutes derived from audio-recording/submitted by: Emily Linder, Assistant