SHAC Meeting Notes May 20, 2025

Attendees:

Kelly Maberry	Renea Carter	Amanda Spalding	Sayleight Maberry	Quincy Page	Jen Donnally
Bambi Teaff	Becky Terry	Paula Higgins	Bill Bohannan	Rose Soliz	Rebecca Knight
Melinda Guadalcazar	Jenny Winter	Johnna Page			

Working on the wellness plan. Kelly introduced the guest with her. Sayleigh and Quincy are providing a presentation to the group. They are healthy Texas Ambassadors. They volunteer for 40 hours of their time to this effort. Next year we will have a 3rd ambassador from Hamlin.

Presentation began at 12:36. Teens and Screens presentation. This has become a major issue among their peers. 2023 up to 95% of teens have access to phones. The Anxious Generation by Jonathan Haidt referenced. Attendees raised their hands when the age they received their first cell phone year came up. Referenced the apps: Tik Tok, Instagram, Facebook, etc. Social media use is linked to challenges in teens' mental health. Screen time referenced-have you ever felt like you are on your phone longer than you slept the night before. The test group size was 40 students.

Discussed the benefits and challenges of physical health when over use of social media/phones for teens. Discussed the development of the brain and how it is affected by the overuse of social media. Displayed survey where respondents said that social media affects them adversely. 25% of students spend 8+ hours on their phone/social media. Discussed the need for balance when viewing social media and using the phone. Screen time limits at home put in place by families who recognize the ill effects of social media. The primary purpose of the presentation is to bring these ideas to the forefront of thoughts. What can educators do to help? Talking with kids about it is okay to put the phone down. Talk about what can substitute for phones; in person hang out, sports, be kids, ride your bike, have fun. There are limitations in a smaller town where there are fewer common areas for socializing.

What information did they find out about bullying-mostly about how they are not able to get away from a phone as they continue using their phone after they get home from school. This goes with the idea that kids are “always on” when they are overusing social media. Bill Bohannan is an educator who goes into schools to teach these ideas about the use of phones and the overuse of social media presented to school age kids. Exchanged contact information with Mr. Bohannan so they can collaborate if/when needed.

Mrs. Higgins handed out a Wellness Policy Assessment Tool, the minutes from our virtual SHAC meeting in February where Rule presented ideas they are using in their SHAC program. Committee members also received a copy of the Wellness Plan Template.

Program for school to hold a crock pot meal planning meeting. Parents bring a crock pot and the Extension office provides the ingredients for the meal and shows all parents how to create the meal in, their crock pot, take it home, cook it and eat. Walk across Texas is another program that can be done during PE. The students walk during that time and talk about healthy habits. Rule held the program and Hamlin would be the first Healthy recognized campus if we decide to do this program.

Presented the Hamlin Collegiate ISD Wellness Plan that was developed by Michelle Jones, Dr. Chanda Bloch and Morganne Mandrell. We need to add information where there are blank spaces in the plan. The plan presented is very good and can be added to as we get more information over time. A parent survey indicated that parents prefer the lunch menu be provided digitally. The school is printing it with the scheduled events each month. One parent prefers the printed copy so that it can be placed on the refrigerator. Mrs. Teaff will get back to the committee and communicate with the school community on the times our gates will be open for community access to the playground. The school will also work to help the gates be programmed and able to open and close on a schedule so that families have easy access to the playground daily and on the weekends.

Renea Carter talked about a program of healthy food that will provide energy for students to stay alert/awake during lunch and breakfast times. Could show informational videos in the cafeteria daily to improve the health benefits of our students. Correlated to the aging members of our community who reside in a facility where they receive care. Discussed lead by example, student lunch items brought to school, health fair, how much sugar is in soda, how many students bring a bag of donut holes each morning.

Lunch line sometimes backs up when there are items that require more personalized service. Next school year the school will stagger lunch times so there are fewer delays when serving items such as nachos. We will serve summer meals during summer school that begins on June 9 and continues for 8 days; four days each week and no Fridays. The cafeteria will address the efficient use of staff in order to facilitate the movement of students through the line when a large volume of students are in the cafeteria.

Discussed the Wellness Policy Assessment Tool and ways we can improve our own Wellness plan. Added the County Extension Agent to help with different programs offered. Poison prevention programs and logistics of presenting this to families and not only children receiving the program presentation. Mr. Bohannan is able to hand out bike helmets at events and would be best to hand out at a parental event where parental permission can be easily obtained.

When do we want to plan SHAC to bring in programing?

- Walk and talk-partner with Rebecca Knight
- Gardening at the nursing home-bought out by a new company who encourages community involvement
- Eat with the residents at the nursing home
- Screen free activities to partner with the nursing home

Advisory

PreK and K-8 menus for next year. Kolache, whole grain donuts, burrito day, serving about 7 different entrees for breakfast.
Place different signs in the cafeteria that make it more of a diner atmosphere.
Fruit is very expensive-would like to add some kiwi on top of the fruit mixture served.
Approval the menu options via email to Renea. The menus are the same with different portion sizes for campuses.