

FALLS CITY

INDEPENDENT SCHOOL DISTRICT

School Health Advisory Council Meeting

Notice is hereby given that the Falls City ISD School Health Advisory Council meeting will convene at the following place and time:

April 23, 2026

Falls City ISD

Conference Room

700 N Nelson

Falls City, TX 78113

7:30 a.m.

Agenda and minutes---Meeting called to order at 0737 and completed at 0744 see attached attendance as well as policy. Meeting recorded per policy.

1. Safe School Environment- we have at least one officer on duty daily, sometimes 2 that do daily door checks, monitor children entering and exiting building, and assist with students crossing street to head to track and football/ baseball fields. Also just recently passed intruder detection audit performed by TEA.
2. Health Service News- wrapping up school year with testing of vision and hearing, working on school physicals and small illnesses that are still affecting students.
3. Cafeteria News- per Mrs. Arenas, discussed all meals, snacks available for students in cafeteria and following guidelines set forth by state. Region 20 representative here recently to assist as well. Also discussed increased protein options available for students that are in athletics and needing more protein in diet.
4. Staff/student/parent wellness activities- Staff participated in FIT February and monitored and recorded all steps for the month. It was very competitive and winners received prizes. Fitnessgram, Run club, and AHA are also incentives for children to become more active. All coaches make sure we are following guidelines for required minutes for physical activity for students.
5. Annual assessment on the board approved wellness policy
6. Open discussion on other health and safety concerns- students and parents love the food and are very pleased.
7. With no further discussion, meeting adjourned.

Kellie Pawelek, RN District Nurse

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Agenda

1. Safe School Environment
2. Health Service News
3. Cafeteria News
4. Staff/student/parent wellness activities
5. Annual assessment on the board approved wellness policy
6. Open discussion on other health and safety concerns

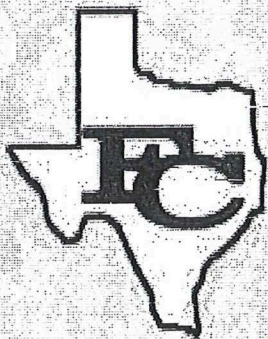
I, Kellie Pawelek, certify that the above notice of this FCISD SHAC Meeting/Agenda was posted in accordance with Texas HB 1525.

Kellie Pawelek

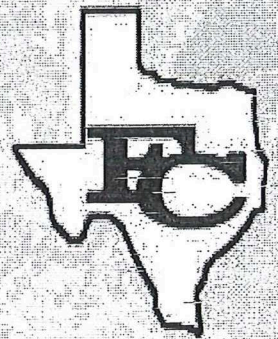
Kellie Pawelek

SHAC MEETING SIGN IN SHEET

KELLI PAWELEK/SCHOOL NURSE	<i>Kelli Pawelek</i>
LAUREN ARENAS/FOOD DIRECTOR/HUMAN RESOURCES	<i>Lauren Arend</i>
JESSICA LUNA/ELEMENTARY PRINCIPAL	—
ELIZABETH DE LEON/HIGH SCHOOL PRINCIPAL	<i>Elizabeth DeLeon</i>
JANA DZIUK/HIGH SCHOOL PARENT	<i>Jana Dziuk</i>
TEYHA SANCHEZ/HIGH SCHOOL STUDENT	<i>Teyha Sanchez</i>
CHRISTINA LAVERNGE/ELEMENTARY PARENT	<i>Christina Laverne</i>
LISETTE GRASSHOFF/PARENT/SCHOOL REPRESENTATIVE	—
HAILEY GORDON/HIGH SCHOOL STUDENT	<i>Hailey Gordon</i>



**FALLS CITY INDEPENDENT
SCHOOL DISTRICT**



Where Tradition Meets the Future!

PURPOSE AND GOAL

Our purpose as a district is to support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity. Our goal is to create an environment conducive to healthful eating and physical activity, and to promote and express a consistent wellness message through other school-based activities.

I. OUR COMMITMENT

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals required by law. This Wellness Plan shall, at a minimum, shall address:

- A. Strategies for soliciting involvement and input from persons interested in the wellness plan and policy;
- B. Objectives, benchmarks, and activities for implementing wellness goals;
 - a) A minimum of four meetings a year with the School Health Advisory Council (SHAC) – while addressing both A and B above, to ensure district adheres to Our Commitment in the Wellness Policy, and providing wellness reports and updates from the district at each said meeting
 - b) Ensure that the district's Physical Education program continues to promote health and wellness through the exercise-based activities at elementary and Jr. High and High School levels.
- C. Methods for measuring implementation of the wellness goals;
 - a) Annual Health Screenings
 - b) Fitness gram
 - c) Immunization follow up and compliance
 - d) Student Screenings (hearing, vision, teeth and spine (if applicable))
 - e) District-wide Wellness tips and information
- D. The District's standards for foods and beverages provided, but not sold to students during the school day and on a school campus;
 - a) The district complies with the USDA Smart Snacks Beverage Guidelines for schools;
 - b) The district limits the selling of unhealthy goods sold during the school day in different organizations on each campus;
 - c) The district offers vending machines at the gymnasium that only offer healthy drinks.

- E. The manner of communicating to the public applicable information about the District's wellness policy and plan.
- a) The District's Wellness Policy is also available for download here on the website or as a hard copy at Falls City ISD, 700 N Nelson St. Falls City, TX 78113.

II. NUTRITION PROMOTION AND EDUCATION

The District's Nutrition Program and activities shall encourage participation in the National School Lunch Program (NSLP), the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District. The following goals for nutrition promotion and education include:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeteria, classrooms, and other appropriate settings;
 - a. The cafeteria posts promotional material sent from USDA promoting nutritional breakfast and lunches;
 - b. Falls City ISD observes National Lunch and Breakfast Week; and
 - c. Consistently encourage students to try different foods
2. To share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students
 - i. Promote messages in school communications that exemplify:
 - Healthy foods taste good and are good for you;
 - Our school promotes healthy lifestyles;
 - Fitness is Fun;
 - Healthy Students are Smart Students
3. To deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors;
 - ii. The district will make available nutrition and wellness education throughout the school web page via School lunch calendar.
4. To make nutrition education a district-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate

5. To provide continued professional development so that food service staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.
 - iii. Cafeteria and food service hold required staff development training and completion at least annually or as needed on an individual basis

III. ACCESS TO HEALTHY FOODS

- A. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable, and that will promote a positive effect on students and staff
- B. Serving lines will be arranged to provide students with more time to eat their lunch rather than wait in line.
 - a. The district has two serving lines to help the flow go as smoothly and quickly as possible so that students have more time to enjoy their food
- C. Drinking fountains or coolers with fresh water shall be available and located in or near every campus and cafeteria.
 - b. The district currently has one water coolers with bottled water for sale in the cafeteria, as well as access to multiple water fountains located inside and outside of each campus.
- D. Lunch menus will meet the nutrition standards established by the U.S. Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy food choices.
 - c. Monthly lunch menus approved by the USDA are sent home with each elementary student as well as available on the district website for view or download at www.fcisd.net and Falls City Cafeteria Facebook page.

IV. OPPORTUNITIES FOR PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. The District establishes the following goals for physical activity:

1. To provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports;
 - a. Daily physical activity will be available for students Kindergarten- 12;
 - b. Pre-k through Fifth grade students receive 150-180 minutes of Physical Education (PE) each week;
 - c. Students in the High School athletic program receive 50+ minutes a day of physical activity
 - d. The use of campus facilities such as playgrounds, gymnasiums and weight room are utilized daily

2. To appropriate before-school and after-school physical activity programs available and shall encourage students to participate;
 - a. Students in the athletic program have opportunities for morning and after school practices, while also maintaining physical activity during athletics;
 - b. Designated days and times are scheduled on a rotation for weight room use, and max weights are recorded to encourage maximum potential
 - c. Off-season workouts are scheduled throughout the year to keep all students healthy and active regardless of the time of year for non-participants
3. To make appropriate training and other activities available to district employees;
 - a. District coaching staff complete mandatory First Aid and Safety training and Concussion training
 - b. All district staff must complete annual required district-wide training related to staff and student safety
4. To encourage parents to support their children's participation, to be active role models, and to include physical activity in family events;
 - a. The district will approve and receive flyers and registration forms for year-round distribution at the campuses, such flyers requesting parent involvement and volunteer and coaching opportunities to the youth of the community by way of various youth programs made available to our students; and
5. To encourage students, parents, staff, and community members to use the District's recreational facilities such as the track, tennis court and the like, that are available outside the school day.

V. PUBLIC NOTIFICATION

The District shall annually inform and update the public about the content and implementation of the Wellness Policy (FFA-LOCAL), including posting on the district website copies of the wellness policy and this wellness plan, via www.fcisd.net.

VI. WHAT CAN PARENTS DO TO HELP?

- 1) Provide your child with healthy snacks and lunches and encourage them to eat a healthy breakfast before school;
- 2) Provide fillable water containers for your child to drink water throughout the day;
- 3) Encourage your child to be involved in active lifestyles that may include after school sports or activities and/or community sports or events;
- 4) Provide healthy choices to students for school celebrations;
- 5) Limit the number of unhealthy foods at home and the consumption of fast food and processed foods;
- 6) Engage in active and healthy lifestyles with your children that builds strong relationships and overall well-being;
- 7) Communicate any type of food allergies or specific dietary needs to your child's teacher, nurse, or cafeteria manager throughout the year;

Falls City ISD Mission Statement:

We strive to educate students and to assist them in realizing their full potential as responsible, productive, contributing members of society by providing an educational environment in which students are challenged, excellence is expected and differences are valued.