



Community ISD SHAC  
August 25th 2026 Meeting @6 PM  
Terry Pope Administration Building  
Minutes

**Attendance:**

Hillary Gindrat - Health Services Coordinatory  
April Sawyer - Parent Representative  
Mr. Brinkley - Director of Student Services  
Amy Smith - Director of Child Nutrition  
Dana Jensen - Parent Representative  
Jessica Lange - Parent Representative  
*Quorum present*

**1. Call to Order and SHAC Review**

- a. First SHAC meeting of the 2026-2027 school year called to order.
- b. Member list and SHAC bylaws reviewed.
  - i. SHAC serves as an advisory body providing guidance and recommendations to the Board regarding district wellness.
  - ii. Members are required to attend at least two of the four SHAC meetings during the school year.

**2. Physical Activity and Fitness Planning Subcommittee**

- a. Reviewed requirement to establish a Physical Activity and Fitness Planning Subcommittee.
- b. Coach Chitman identified to lead the subcommittee.
- c. The subcommittee will consider student physical activity and fitness issues and may make recommendations to increase physical activity and improve fitness.
- d. Potential activities discussed included family fitness events, PTO/PTA collaboration, employee wellness challenges, nutrition events, and bullying prevention activities.

**3. Recess and Unstructured Play Guidelines**

- a. Reviewed proposed recess and unstructured play guidelines for PK-5 students.
  - i. At least 30 minutes of developmentally appropriate unstructured recess/play each instructional day.
  - ii. Recess and other physical activity opportunities will not be withheld as punishment.
  - iii. Outdoor recess will be provided when weather, air quality, facility, and safety conditions are appropriate.
  - iv. District weather parameters use a "feels like" temperature below 40°F or above 100°F as limits for outdoor activity; staff are required to use WeatherBug.

- b. April made a motion to approve the recess and unstructured play guidelines as presented.
- c. Dana Jensen seconded the motion.
- d. No further discussion.
- e. Motion passed unanimously with no opposition.

#### **4. Triennial Wellness Assessment**

- a. Reviewed the completed Triennial Wellness Assessment using the WellSAT assessment tool.
- b. Assessment compared the strength of district wellness policy language with district implementation practices.
- c. Results identified areas of strong policy and implementation, areas needing stronger implementation, and practices that should be better documented in the Wellness Plan.
- d. Assessment results will be posted on the district website.

#### **5. Campus Wellness Implementation Tool**

- a. A Campus Wellness Implementation Tool was developed to help campus administrators monitor implementation of the District Wellness Plan.
- b. The tool addresses nutrition promotion, nutrition education, physical activity, and other school-based wellness activities.
- c. Campus data will be collected annually to identify areas for growth and support future triennial wellness assessments.

#### **6. District Wellness Plan Review and Updates**

- a. Reviewed updates to the District Wellness Plan/FFA Regulation to align with district policy and findings from the Triennial Wellness Assessment.
- b. Nutrition and meal practice updates included:
  - i. Access to free potable drinking water during meal service.
  - ii. Promotion of free and reduced-price meal applications.
  - iii. Documentation of required Child Nutrition training and farm-to-school/local food procurement practices.
  - iv. Student privacy protections related to meal eligibility and district procedures for unpaid meal balances.
  - v. Encouraging nutritious options during classroom celebrations rather than requiring them.
- c. Nutrition education updates included:
  - i. Behavior-focused and skill-based nutrition education.
  - ii. Increased collaboration between Child Nutrition and Curriculum.
  - iii. Integration of nutrition concepts into other curriculum areas when appropriate.
  - iv. Access to training resources and instructional materials for staff responsible for nutrition education.
- d. Physical activity updates included:
  - i. Documentation of SPARK curriculum for physical education.
  - ii. Clarification that recess/unstructured play is separate from physical education.
  - iii. Physical activity opportunities will not be withheld for disciplinary reasons, academic performance, completion of classwork, or routine tutorials.
  - iv. Reasonable temporary restrictions may be used when necessary to address an immediate student safety concern.
  - v. Students with disabilities or individual health/safety needs will receive recess opportunities consistent with individual needs and applicable plans.
  - vi. Staff will be encouraged to integrate physical activity into the academic day when appropriate.
  - vii. Before- and after-school physical activity, National Walk to School Day, National Bike to School Day, employee wellness, and family participation were discussed.

- e. Other school-based wellness activities include promoting employee wellness and stress-management techniques for students, employees, and parents.

## **7. Approval of District Wellness Plan**

- a. April Sawyer made a motion to approve the District Wellness Plan as presented.
- b. Amy Smith seconded the motion.
- c. No further discussion.
- d. Motion passed unanimously with no opposition.

## **8. Health Services Updates**

- a. Stock emergency albuterol via nebulizer has been implemented.
  - i. Each campus has five albuterol vials and five sets of tubing/masks.
  - ii. Stock albuterol was recently administered to a student.
- b. Intranasal epinephrine has replaced epinephrine auto-injectors for the district stock emergency medication program.
  - i. Intranasal epinephrine was recently used for a student experiencing an anaphylactic reaction.

## **9. LifeVac Update**

- a. LifeVac anti-choking devices have been placed in district cafeterias.
- b. Traditional choking first aid remains the first-line response; LifeVac may be used as a secondary intervention if standard choking first aid is unsuccessful.

## **10. Next SHAC Meeting**

- a. Next SHAC meeting planned for October.
- b. Meeting is anticipated to be held in a district cafeteria, potentially at the high school, with a food taste test related to Farm Fresh Month.
- c. A meeting time before the high school lunch period was preferred; cafeteria availability will be confirmed.

## **11. Adjournment**

- a. Meeting concluded following completion of the agenda.