

SHAC-School Health Advisory Council Meeting
Monday, November 10, 2014
Minutes

1. For a Family Wellness night, the YMCA has a Youth protection program. It deals with predators. No consensus was made as to whether this would be a program SHAC would bring to the community.
The general consensus of SHAC is to have one (1) parent presentation a year. The possibility of hosting a family wellness night or a Health Fair in the spring. SHAC could partner with the PTA or run it by SHAC itself. The Health Fair could be partnered with HOSA.
Co-chairs of the event are: Abbey, Nicole and Joni.
2. The Fitness gram was updated last summer. The state will pay for it, Fitness gram 10. It is web based, it is field data and a work in progress. It is very inconsistent with giving data reports to parents.
3. At the October School Board meeting Amy Hillin submitted a report with the SHAC accomplishments. There were no recommendations presented. This year we will have two (2). One in Physical Education and one in Nutrition.
4. Susan Sargent presented the results from the wellness sub-committee.
Discussions concerning the following:
 - Foods should not be used at all for rewards or incentives for students. Unless stipulated in the student's 504/IEP plan.
 - Need to be clear on foods that are competitive "sold" and competitive "given away" to students for consumption.
 - Liked the idea of concession stands posting calorie levels. A district in San Antonio currently is doing this.
 - The four exempt days presented were acceptable. Need to clarify and be specific as to the Time & Place regulations in the policy. Also more specifics on competitive foods used during the exempt days.
 - Birthday parties in schools should not occur at all.
5. The rough draft of the survey present will be emailed out to the SHAC committee on November 20th. Each member will make recommendations/corrections and email back to Amy over the Thanksgiving break.
The Wellness policy sub-committee will meet on December 1st to revise the survey based on the recommendations/corrections of the SHAC committee.
The Survey will be updated and completed by December 3rd. We would like to get the survey in the December 4th edition of the WCN. We would keep the survey open for two (2) weeks.
6. The SHAC committee would meet in January to go over the results. We would also like to be able to get the Wellness policy closer to completion.