

SHAC-School Health Advisory Council Meeting

Monday, December 2, 2019

6:30 pm Educational Service Center

Minutes

1. Old Business
 - a. Reviewed the data from the School Health Index, the tool used to evaluate if our wellness plan is working.
 - b. Reviewed the data from FitnessGram.
We are currently on the right path. Areas to focus on are mental health.
1. New Business
 - a. Review and make possible revisions to the Wellness Plan/Policy

The SHAC Committee has made the following recommendations to the Local Policy for presentation to the School Board

- FFA Local
 - Under Nutrition Guidelines/Food And Beverages Sold:
#3. Remove “one day” of food given to students per semester.
#4. Leave as is
 - Physical Activity #7 Leave as is.
- FFA Regulation
 - Pg. 4-remove also the club portion for celebrations.
Keep the goals in the Campus Improvement Plan
- Nutrition Promotion
 - Remove #3 “one nutrition fact per week”
 - Nutrition Education leave as is.
- Physical Activity
 - Leave as is
- School based Activities
 - Leave as is
- 2. Next meeting
 - a. Update from Counseling Department by Amanda Martin
- 3. Next Meeting: February 10, 2020

There was no further business to discuss.

Meeting adjourned 8:10 p.m.