

**School Health Advisory Council  
Meeting Minutes  
February 6, 2006**

Members In Attendance: Julie Hart, RN, Health Services Coordinator, Chairperson  
Maryanne Morris, RN, LISD  
Monty Kay Fredrick, RN, Department of Health Services  
Shanna Guenther, Health Aide, LISD  
Judy Witte, RN, LISD  
Lenaya Smith, PE Teacher, LISD  
Beth Odell, PE Teacher, LISD  
Haley Ratliff, Food Services, LISD  
Candi Schuelke, PE Teacher, LISD  
Carline Hoyle, PE Teacher, LISD  
Beth Limbrick, LVN, LISD  
Randy Frye, Community Representative

Julie called the meeting to order at 5:30 p.m. Old business was completed and Julie stated that she emailed changed policies to all members.

Julie explained that she had a meeting with Phil McBride, Assistant Superintendent to present the Wellness Policy Implementation plan that the SHAC has been working on. While he was very impressed with the work completed, he had a concern that it was unrealistic to expect that all goals and activities could be completed in one year. He suggested that we start with one goal under each heading. He explained that right now the teachers are concentrating heavily on education due to the TEAKS requirements and the work involved is very time consuming.

Julie had gone through all of the policies and highlighted the particular goals she thought were most realistic to implement first, however, these were just suggestions. The group then reviewed all of the policies again and changes were made and approved by all present. The approvals and changes are as follows:

**Nutrition Guidelines**

**Goal I** was approved. Julie stated that she felt that this goal would make the biggest impact on regulating what is going on with food. She reviewed Lauren's law and explained that the law did not apply to just one student in the classroom but the entire classroom of students. A copy of this law was given to everyone. Beth stated that if teachers encourage healthy snacks and a list is given to kids to bring home, it is more likely to be accepted. Julie has a list of food suggestions for parties that she will bring to the next meeting. Julie again spoke about promoting these ideas through the use of postings on bulletin boards, web sites, etc, within our schools. Julie asked if there were any resources with ideas regarding information about prizes or rewards. Haley stated that a good source is Squaremeals.com. Again the importance of getting the information out to the public, teachers, students and families was reinforced.

### **Nutrition Education**

**Goal II** was approved with some changes. Goal I is to be eliminated and Activities #1, #2 and #3 under this goal will be moved to activities under Goal II. Current Activity #2 under Goal II eliminated. Under Evaluation of Goal II, eliminate #2.

**Goal III** also approved for presentation this year.

### **Physical Activity**

**Goal II** approved with a change in the word regularly to consistently.

**Goal IV** also approved for presentation this year. Under Activity change #2 to read: District/campuses will provide health/physical activity education training such as CATCH. Under Activity #3 take out the word champion. Under Evaluation eliminate list of speakers for and change health to health/physical activity.

Judy asked about the CATCH Program. Lenaya explained at Navarro, Clear Fork and Plum Creek both classroom and pe teachers were included in the training. At the Jr. High only pe teachers were included. It was suggested that this topic be brought up again at Jr. high and that all teachers be included in the training.

### **School-Based Activities**

**Goal I** approved. Change to: Twenty minutes after being served will be provided for students to eat meals in lunchroom, etc. Under Activity change to: Every student will be provided with twenty minutes after being served lunch to eat their meal per TDA guidelines.

Haley stated that at some schools TDA policy was not being followed. Julie asked if it was a matter of not having enough staff. It was explained that at Jr. High it was due to the number of students and the size of the facility.

A discussion about the problems with lunch was continued. The idea of recess before lunch was introduced, the reason being that children would eat better because they were not in a hurry to get outside. This is happening at some schools already. The point was made that recess always wins over eating.

Julie will make the appropriate changes before presentation of policies to Phil McBride.

The meeting ended at 6:30 p.m.

Submitted by: Maryanne Morris