

School Health Advisory Council Meeting

3/2/2021

The Gustine ISD School Advisory Council held their third meeting of the school year on Tuesday, 3/2/2021 at 5:00 p.m. in the High school library. Cynthia Newton, parent, joined via Zoom. Carmen Landman, parent, attended the meeting in person. Mrs. Patti Blue, Superintendent, Mr. Kenny Eudy, Principal, and Lisa Connel RN, School Nurse/ SHAC Coordinator were present.

A quick overview of the Council's duties including navigating the SHAC link on the District website was given by the SHAC Coordinator.

Members elected to make no revisions to the Mission Statement.

Cynthia Newton agreed to serve as parent-chair for the Council.

Minutes from the previous meeting were approved as written.

Mrs. Connel reported that the elementary P.E. classes would be participating in the American Heart Association's Jump Rope for Heart Program after Spring Break.

The evaluation of the Wellness Policy Goals were discussed as follows:

1. **Increase in participation in Federal Child Nutrition Program-** reports show a consistent increase in participation especially regarding the breakfast meal. It is believed that a change in the secondary schedule which allows for a later breakfast time has increased participation. Met goal.
2. **Score at least at the bronze level on the Smarter Lunchroom Scorecard:** Scored Silver level- met goal.
3. **Make available the monthly breakfast and lunch menus which include educational nutritional information:** Copies of the menus were not sent home during the current school year due to COVID protocol which limited the transfer of materials to reduce the transmission of illness. Met goal since menus are posted to the District website.
4. **Distribute "Nutrition Nuggets" newsletter monthly to all elementary students:** the newsletter is no longer provided free of charge. Due to the expense to purchase the newsletter it was believed that nutritional information is available to students and parents through the Great Body Shop Curriculum and through the cafeteria menus that are posted online. The Council recommended that the wording on the Wellness goal be adjusted to reflect this change. Met goal with noted changes.

5. **Nutrition Education through a TEA approved CSHP taught at the Elementary and JH:** The Great Body Shop curriculum provides nutrition education to meet this goal. A parent log-in access was added this year. On-going progress toward meeting this goal.
6. **Moderate to vigorous physical activity for grades K-8:** Daily PE classes met this goal.
7. **Regular inspection of playground equipment:** Andy Hesbrook- maintenance supervisor completes the monthly inspection checklist. Met Goal
8. **Annual physical activity event for parents and students:** The annual Turkey Walk was not held this year due to COVID social distancing requirements which prevented the achievement of this goal.
9. **Encourage use of recreational facilities outside of the school day:** This goal is not in place. The plan to meet this goal will be achieved by noting on the District website that the tennis courts and playground equipment are available for community use. The plan is to do this when COVID social distancing restrictions have been lifted.
10. **Schedule will allow sufficient time for students to eat meals in the cafeteria:** Goal met as evidenced by students consistently having free time after finishing their meal.
11. **Classroom celebrations will encourage at least one Smart Snack compliant item:** No outside party foods were permitted this school year. Party Snacks were provided by the school. Goal met.
12. **Staff Wellness promotion:** A Flu vaccine clinic was provided for personnel and a holiday weight management challenge was held. Goal met
13. **Discussed the addition of a goal:** Educational health information for promoting healthy living will be disseminated through ParentSquare.

The next meeting was scheduled for April 22, 2021 at 5:00 p.m. in the High School Library.

Submitted by Lisa Connel RN