

School Health Advisory Council
Annual School Board Report
May 2021

The School Health Advisory Council met four times during the school year. Zoom meetings were incorporated to promote social distancing.

Members: Cynthia Newton- parent chair, Carmen Landman, parent, Kimberly Kirkham, parent, Patti Blue- Superintendent, Kenny Eudy- Principal, Lisa Connel R.N. Coordinator.

No changes were made to the Mission Statement.

No Council recommendations were made to the Board during the 2020/2021 school year.

The following annual wellness events were not held due to COVID social distancing requirements: Safety City for 3rd grade students, Turkey Walk, Sweetheart Breakfast, and Cowtown Kids 5K.

Wellness events that were held for Gustine ISD staff:

- Flu Immunization Clinic- Vaccines were provided at Gustine ISD on October 6, 2021 by Comanche County Medical Clinic. Vaccines were provided free of charge to employees to help reduce absenteeism.
- Maintain-No-Gain Challenge- 17 staff members participated in the challenge which began prior to the Thanksgiving holidays and ended when the staff returned on January 4, 2021. The object of the challenge was for participants to gain no more than 2 pounds over the holiday season. A drawing for prizes was held for those who "maintained" during the challenge.
- COVID-19 Vaccine- employees were given the opportunity to receive the COVID Vaccine through Comanche County Medical Clinic and Hamilton Medical as they were eligible.

Wellness events that were held for Gustine ISD students:

- American Heart Association's *Jump Rope for Heart* was held during elementary PE classes in March.

The Cardiac Emergency Plan for Gustine ISD was updated.

An evaluation of the Wellness Plan was conducted and the results included:

Goal:

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 full implementation of the curriculum and meeting this goal.
6. **Moderate to vigorous physical activity for grades K-8:** The goal was met through daily P.E. classes.
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 post the information on the District website when COVID social distancing restrictions have been lifted.
10. **Schedule will allow sufficient time for students to eat meals in the cafeteria:** The goal was 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. Met goal.
12. **Staff Wellness promotion:** A Flu vaccine clinic was provided for personnel as well as a holiday weight management challenge. Met goal.
13. **Discussed the addition of a goal:** Educational health information for promoting healthy living will be disseminated through ParentSquare.

Updates to the Wellness Plan included:

Change wording: Nutritional Promotion Goals: *Increase awareness of healthy life choices by promoting the nutrition educational information on monthly menus and through the Great Body Shop Curriculum. (removed "Nutrition Nuggets" newsletter)*

Addition: Health Promotion Goals The District shall share educational information with families to promote healthy living choices and positively influence the health of students. Goal will be achieved through the following objective: The District will share educational information for promoting healthy living through the District website and the Parent Square communication tool.

Submitted by Lisa Connel RN SHAC Coordinator/School Nurse
Adopted by the School Health Advisory Council: 4/22/2021
Submitted to School Board: 5/10/21