

School Health Advisory Council Meeting Minutes (For September 23, 2008)

The 1st Health Advisory Council meeting was held on Tuesday, September 23, 2008 in the Administration Building's Main Conference Room, from 5:30-6:30 p.m. Letters of notification of location and date were mailed out to all members and there were 17 members present. A light dinner of Chicken & Tuna Salad and Variety sandwiches of Ham, Turkey and Fresh Fruit was provided by Child Nutrition Services complimentary of the Student Service Department.

Topics Discussed:

Welcome Presentation

Each person stood up and introduced themselves and indicated whether they were a WISD Parent, Teacher, Paraprofessional or a Community member. Liz Harris welcomed everyone and thanked them for coming.

Mission of School Health Advisory Council (SHAC)

Mission Statement was read aloud by Liz Harris.

Middle School Requirements

In opening comments the council was an update on the change in requirements for middle school students as part of SB 530.

Coordinated School Health Programs

Campus Health Advisory Councils - Campuses are developing these councils to include students, parents, staff, community members to influence campus environments with good health and wellness habits.

CATCH - Middle School Requirements implemented fall of 2007 **Great Body Shop** (We have in place at WISD available in English and Spanish) and asked the committee to consider the **CATCH** as a supplement for Elementary as well.

Fitness Gram - Physical Fitness Testing TEA Requirements - Elementary, Middle and High School Requirements - Liz, had for review the Spring 2008 District Wide Data Report of the Middle and High school requirement and how the testing is effecting the students on the campuses.

Nutrition Information - Committee questioned and comment about what was being addressed by Child Nutrient Operation Manager-Ammie Whaley. She continued to explained the portion requirements and how they are handled according to State and Federal Guidelines for elementary, middle and high school. She also talked about the implementation of the new Whoa, Slow, and Go slogans that were going to be place in Middle School cafeteria's first then down into Elementary Campus.

Whoa - Don't eat as often

Slow - Eat every once in a while

Go - Eat as much all the time

Council Member were encouraged to continue to explore the Discovery Education Health a web based approved curriculum.

Title IV Funded Programs being used by WISD:

Discovery Education Health
Signs of Suicide
Great Body Shop
AnComm-Anonymous Communication

Meeting was closed with the announcement of the upcoming SHAC meeting, November 18, 2008 and adjourned at 6:45 p.m.

Attachments: Agenda Page

What is SHAC?

EHAA (LEGAL) Required Curriculum

EHAA (LEGAL) Coordinated Health Programs

EHAA (LEGAL) School Health Advisory Council

FFA (LOCAL) Nutrition Guidelines

FFA(LOCAL) Wellness Goals Nutrition Education

FFA(LOCAL) Physical Activity

FFA(LOCAL) School Based Activities

Overview Handout of the eight component model of a Coordinated School Health Programs/School Health Advisory Council.

Fitness Gram Activity Testing reports are available on the Office of Student Services Website.

News Letter from Texas Education Agency

Fitness Gram and Activity Statistical Reports (Copy)