

SHAC Committee Meeting

May 24, 2017

Agenda and Sign-In Sheet

- I. Purpose of the SHAC Committee as defined by TEC
- II. Meetings-Minimum of 4
- III. SHAC Meeting Agenda Topics
- IV. Wellness Plan FFA (Regulation)

Sign-In:

Leah Zeigler	Chairman, Superintendent	<i>Leah Zeigler</i>
Kathy Lostroh	FCS Teacher	<i>Kathy Lostroh</i>
Shelly Fowler		<i>Shelly Fowler</i>
Kaleigh Infante		<i>Kaleigh Infante</i>
Krystal Hebert		<i>Krystal Hebert</i>

SHAC Minutes
May 24, 2017

- I. Members signed. LZ, Kathy Lostroh, Shelly Fowler, Kaleigh Infante, Krystal Hebert.
- II. Purpose of the SHAC Committee was discussed and defined as required by SB283, TEC 28.004
- III. Discussed requirements of SHAC and its role in coordinating school health, physical fitness, physical education, health education, and high school graduation requirements.
- IV. Reviewed Kress Local Policy FFA
- V. Developed the district's wellness plan using provided template from TASB.
- VI. Discussed SHAC Meeting Agenda Topics for future meetings.
 - a. Breakfast in the Classroom
 - b. Recess as PE, before lunch and not to use recess detention for discipline.
 - c. Grants
 - d. Whole Child Initiative: school wide, community wide.
 - e. Energy Drinks-danger in energy drinks and our kids drink too many.
 - f. School Garden-Farm to Table
 - g. Mental health services (counseling) addressing depression, anxiety, eating disorders, e-cigarettes and energy drinks (at risk behaviors).
 - h. Weekend backpack program
 - i. 5K Fun Run, Jump Rope for Heart participation.
 - j. "Cookbook"-Kress Cookbook prompted by projects like healthy recipe contest.
- VII. Set the next meeting for August 28, 2017 at 8:30 a.m. A Co Chair will be elected and the topics to be discussed are "Breakfast in the classroom" and "weekend backpack program" for elementary students. Revisit mental health services and concerns over at risk behaviors observed in our high school.