

SHAC Committee Meeting

Nov. 28, 2018

Agenda & Sign-In Sheet

- I. Roll Call
- II. Approve Minutes of last meeting
- III. Wellness Plan (FFA Legal/Local)
- IV. Review local wellness plan goals and evaluate progress
- V. Plan "wellness activities" for 2018-2019
- VI. Other

Sign-In:

Leah Zeigler	Chairman, Superintendent	<i>Leah Zeigler</i>
Shelly Fowler	Co-Chair	
Kaleigh Infante	Parent	
Krystal Hebert	parent	<i>Krystal Hebert</i>
Kathy Lostroh	FCS Teacher	<i>Kathy Lostroh</i>
	Student	

Previous topics:

- Breakfast in the Classroom
- Recess as PE, before lunch and not to use recess detention for discipline.
- Grants
- Whole Child Initiative: school wide, community wide.
- Energy Drinks-danger in energy drinks and our kids drink too many.
- School Garden-Farm to Table
- Mental health services (counseling) addressing depression, anxiety, eating disorders, e-cigarettes and energy drinks (at risk behaviors).
- Weekend backpack program
- 5K Fun Run, Jump Rope for Heart participation.
- "Cookbook"-Kress Cookbook prompted by projects like healthy recipe contest.

SHAC Committee Meeting  
November 28, 2018 Minutes

1. Approved minutes.
2. Discussed the policy review and the wellness plan. TASB reviewer, Kathy London complimented our plan.
3. Reviewed and evaluated our goals in the wellness plan. Goals met were discussed: Lunch times were extended for elementary students; additional recess was added in the a.m.; atmosphere in the cafeteria during elementary lunch periods has changed allowing students more social interaction; a snack pack program was started by parents for prek-6<sup>th</sup> grade; Red Ribbon Week for 2018 was a collaborative effort between counselor and CATE (FCCLA); Kress ISD participates with TT's telemedicine program in providing counseling for students with mental health issues that require a psychologist or psychiatrist.
4. A snack pack program has been launched by the community and parents for prek-6<sup>th</sup> grade. District provides a room on the elementary campus for storage and packing. The program is coordinated with Amarillo's program.
5. Red Ribbon week activities were planned and implemented collaboratively by counselor and CATE teacher.
6. 7<sup>th</sup> & 8<sup>th</sup> grade students are released from athletics to have time to eat lunch if they choose. We are encouraging them to eat breakfast after the athletic period. Often they may also have morning practice especially during the fall (football and cross country).
7. Dismissing then 5 minutes earlier to change and eat breakfast with the additional 3 minutes between the passing periods allows sufficient time for them eat then if they did not eat at home.
8. The 'Smarter Lunchroom' initiative was discussed as it related to our Goal in our wellness plan in achieving the Gold award level based on the Smarter Lunchroom Scorecard. This program is based on research by Cornell. The scorecard is based on simple or low cost strategies that can increase participation reduce food waste, and increase selection and consumption of healthy school-food. SHAC members have been asked to complete a scorecard by eating in the cafeteria prior to the next quarterly meeting. They've been asked to be discreet and if they need input to able to score the strategies to contact Mrs. Z.