

School Health Advisory Committee Meeting Minutes

01/25/2011

The meeting was opened at 6:00pm. Members present included Kelly Brown, Wanda Voelcker, Sharon Huggs, and Joanna Mitchell.

Under old business, Kelly discussed the nutrition letter that she will be sending out during the school year. Nutrition News was sent out to all students and put on the district website in August. The committee discussed the contents of the letter and everyone felt the information that was included was very helpful. The length of the news letter was discussed. The majority of the members felt the news letter would be more beneficial if it were shortened. The amount of information currently supplied may be a bit overwhelming to many parents.

The newsletter included information on applying for free and reduced meals. When asked about the percentage of students in the district that were on free and reduced meals, Kelly reported that approximately 72% of students in our district are on this program.

TENT training sessions for SHAC committee members was also discussed. Wanda said she would check back with Tracy to see how they can be viewed.

The committee followed up on the goal of physical fitness being modeled by staff members. It was reported that two campuses, Houston and Lamar were holding "Biggest Loser" contests. Holding a "Boot Camp" fitness program for the district was discussed. Wanda was to speak to Mrs. Porter-Bradford about the logistics of establishing such a program in which an outside trainer would be brought in to work with staff.

The committee also followed up on the goal of implementing a "Mental jumpstart/Brain gym" program. Wanda will contact Bobbye Estes about how to get this implemented into the district. The committee agrees it would be a beneficial program and would be especially beneficial during TAKS testing to reduce stress.

Under new business, Kelly discussed the proposed changes for school meal nutrition standards lined out in the 195 page House Bill. It spells out age specific nutritional information for children in school. It also recommends elimination of food rewards to students for good grades.

Tentative dates for future SHAC meetings were decided upon. They will be February 22, March 29, and April 19.

The meeting was adjourned at 7:30pm.