

SHAC – School Health Advisory Council
Monday, October 21, 2019
2:00pm Glen Rose Technology Center

Minutes

1. SHAC Overview:
 - a. Introduction to purpose and plan for SHAC this coming year including the planning for evaluation of the wellness plan.

2. New Business
 - a. Janan Stephenson, District Lead Nurse, updated the committee on where to find resources available on our GRISD website. Most resources can be found under the [district page>department>health services>SHAC](#).
 - b. Meeting dates are posted here. We are required to have 4 meetings per year. In the spring Mrs. Stephenson will report to the school board an overview of the meetings.
 - c. More information regarding Texas SHAC can be found on a link under the SHAC website. There is a manual which can be downloaded.
 - d. The district Wellness Program link is here also. The local wellness policy and the District Wellness Plan are both available at this link.
 - e. Part of the wellness plan focuses on nutrition. Mrs. Stephenson shared a few pictures of new menu items offered in the cafeteria and the event pictures from Farm Fresh Friday. She also shared some resources to find information from the Child Nutrition department. They have links under the [GRISD website>departments>child nutrition](#). They also share information on the Facebook Page “GRISD Child Nutrition”.
 - f. An additional resource is the NUTRISLICE app. From this app parents, students and staff can look up the menu items and the nutritional information. This is a great resource and many members on the committee stated they hadn’t heard of it. Members took a moment to download it to their devices. As we move forward to looking into the wellness plan available resources such as this need to be investigated.

3. Next Meeting
 - a. Begin planning for evaluation of local wellness plan. All members are asked to download the GRISD District Wellness Plan and read through page 7. We will begin our evaluation of the wellness plan at the next scheduled meeting. (November 18, 2019).