

SHAC Meeting Minutes

December 7, 2023

The Student Health Advisory Committee met in the GRISD Technology Building for the scheduled meeting. Members present included: Janan Stephenson, Teri Teaff, Brittney Sanders, Susie Wright, Jessica Huffman, Jermy Prescott, and Christie Ramirez.

New Business: Triennial Assessment of Wellness Policy/Plan

Mrs. Stephenson began the meeting explaining again that this is the year we will be evaluating our Wellness Policy/Plan for the Triennial Assessment. At the first meeting, members chose the evaluation plan which included a two-page wellness policy assessment tool. The plan was to utilize the two-page tool at the December meeting, then, go through the plan more thoroughly in the next two meetings.

The wellness policy assessment is a “tool to track progress and gather ideas on ways to create a healthier school environment.”

Nutrition education, nutrition promotion, nutrition guidelines, and physical activity were goals measured in this assessment tool. The SHAC went through each bullet to determine if that idea was on the wellness policy/plan. We discussed that some of the bulleted ideas were in place but were not listed on the plan. For instance, under Nutrition Promotion, we always ensure that student have access to handwashing facilities prior to meals but that is not on the wellness policy or plan, so we checked NO. There are many things that are always done in GR schools (such as this) that are not listed as goals on the wellness plan. As we go through the plan more in depth in the coming months we will look at this assessment tool to determine if we need to add to the plan. Any goals or strategies determined to be needed by the SHAC committee will be submitted for addition to the GR Wellness Plan. (The wellness plan can be changed and updated to reflect changes and needs within the school while the wellness policy is a board policy upon which the plan is built.)

All assessments will be posted on the school website per board policy.

Next meeting: Thursday January 25, 2024