

SHAC Meeting Minutes

January 25, 2024

The Student Health Advisory Committee met in the GRISD Technology Building for the scheduled meeting. Members present included: Janan Stephenson, Teri Teaff, Brittny Sanders, Jessica Huffman, Phillip Voss and Josie Lopez.

New Business: Triennial Assessment of Wellness Policy/Plan (Cont.)

Mrs. Stephenson began the meeting reminding everyone that we had gone through the shorter wellness policy assessment tool in our December meeting and, as a reminder, though there are some “no’s” on things not mentioned in the plan, many of those are already fully in place at each campus and do not need to be addressed in the plan.

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

Members began going through the wellness plan page by page and updated things as needed as well as evaluating the plan itself. Brittny Sanders, director of food and nutrition, updated the group as we went through things the nutrition staff have in place, such as breakfast week with promotional things like posters. (pg5, obj 1) She stated they had an idea also to do a “Harvest of the Month” where they could promote healthy eating with something like watermelon. (pg5, Obj 2) She reported that the new program MealViewer has replaced the older Nutrislice program. She states there will be a link on the GRISD website and it has menu planning, carb counts etc and that parents can log in. (pg6, obj1 and pg7 obj2) This has been a work in progress and they hope this will be a great tool for staff and families with information that is up to date.

School gardens and farm to school programs were discussed and things currently in place included elementary school field trip to the pumpkin patch, 5th grade after school garden club, Ag Awareness Day at JH and HS and also the garden and greenhouse class at the HS.

Finally, we began going through physical education on pg 9 and it was updated that at the Intermediate they now have PE rotating two to three days a week but for longer amounts of time for a total of 120-180 minutes weekly with 30 minutes of recess daily. On JH, the wording was changed to 30 minutes of PE daily, rather than recess. No changes to high school or elementary school.

Next meeting: Thursday February 29, 2024