

SHAC Meeting Minutes

February 29, 2024

The Student Health Advisory Committee met in the GRISD Technology Building for the scheduled meeting. Members present included: Janan Stephenson, Susie Wright, Teri Teaff, Brittany Sanders, Nicole Gross, and Josie Lopez.

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

Mrs. Stephenson began the meeting with the update to the breakdown of how each campus addresses the amount of physical activity provided (See pg 9-10). Elementary, no changes. Intermediate now alternates between 120 to 180 minutes of PE weekly as students are on a rotation. All students receive 30 minutes of recess daily. JH continues to have 30 minutes of PE daily and this wording was changed as it was mistyped to be recess. Students also have the opportunity to have free time outside during their lunch period. No changes for high school. Members Nicole Gross shared her concern over the change in PE from daily to every other day noting that it decreases the amount of physical activity for those students. Additionally, if the student is absent or gets behind on work, the recess time is often used as catch up, so on that day, without PE, the student could potentially not have any physical activity. Member Josie Lopez affirmed that concern and also noted her concern over students in a certain grade level at the ES not having recess until the end of the day. All concerns were discussed, and members were encouraged to take these concerns to the administration of the respective campuses to be brought to light for review at the campus level.

Members again began going through the wellness plan page by page and updated things as needed as well as evaluating the plan itself.

The first item discussed was the goal on pg 10. It was decided that the objective action steps did not match the methods for measuring implementation well. Additionally, the action step was not applicable to each campus as only the high school students are not required to continue having pe or athletics daily. The decision was made to change the action step to "Each campus will provide developmentally appropriate activities and opportunities designed to encourage physical fitness." The method for implementation was changed to "each campus will report once annually to the SHAC the methods for implementing this action step".

All other goals and objectives were discussed. No further changes were made.

This concluded the meetings for the 2023-24 school year.