

SISD

SHAC Meeting - 11/30/2023

Sherman High School

Reid Kirk – Chairman

Christy Baca – Secretary

Reid Kirk, Robert Rushing, Sarah Pierce, Jenny Smucker, Nathan Cain, KC Cain, Truman Smucker, Bella Wilkerson, London Wecker, Cooper Morgan, Julie Ordonez, Christy Baca, Gail Petty, Rita Beckley, Thomas O'Neal

12:24 PM meeting called to order by Reid Kirk

10/05/23 minutes presented and reviewed.

Nathan made motion to approve minutes KC seconded the motion to approve minutes from 10/05/23.

Minutes from 10/05/23 meeting approved.

Robert Rushing with District Wellness plan here to share about our District Wellness plan.

Robert presented the Wellness Plan guidelines and goals and led discussion on how we can move forward as a SHAC.

Nathan-question is the Lulling ISD plan one we want to adopt or use as a template?

Robert-responded with use as a template

Rita-should we do a survey to reach parent population for response?

Jenny-inquired if we have asked the students what they would like to eat?

Robert – he has started surveying student council students at the elementary level.

SHAC members asked our student representatives what they like to eat at school.

They responded by stating they:

- bring lunches
- their peers do like the school lunches provided currently

Currently we have rotating entrées in the lines for lunch.

Christy -asked how we can get more protein in elementary school breakfast?

KC-Middle School her daughter eats pizzas every day. How can we alter that option daily?

Reid-board does have some ideas they'd like for Robert to potentially implement.

Sarah- Is it possible elementary prepare grab and go option / lunch thoughts do we have a pull-out ingredient option to put different plate/nutrient dense food options for breakfast.

Robert – responded with the scheduling congestion for prep time and staffing – understandably so

Gail-cafeteria workers are directing students to get the required allotted items one fruit or vegetable with their meals served.

Robert- Tries to have our district put out 3-4 fruits per meal for options.

Reid-We will probably hear from Robert in near future to have this conversation again and look at a potential survey. Reid asked would a few people be willing to research what some other districts are doing for their wellness plan to see what we can put together for SISD to present to our board? We would like to make it personal to SISD for a recommendation to the board.

Find out other district guideline plans and other wellness plans from districts you know someone is in and what they like/don't like about their plan (s).

Thomas O'Neal – quick summative of the goals / needs for the wellness plan objective with SHAC for SISD.

- Required every three years that our Wellness policy is reviewed and updated.
- Currently our Wellness Plan is in our Board Policy
- We are due to update our Wellness Plan which is typically done through this committee (SHAC)
- Need to review other district plans as well as our current plan and make recommendation to board for board policy.

Reid made recommendation to have committee consist of:

- Student rep, school rep, a parent or two representatives to come together and research options and have some collaboration before next meeting.
- Wellness plan needs to be extracted from current board policy for the committee to have as they research.
- Nathan, Rita, London
- Nathan recommended a plan for Reid to find policy, email to all SHAC members, set up a meeting with parent, student, faculty committee members to start on their research to bring information to next meeting for presentation.

Reid opened discussion for calendar meetings to be set.

SHAC committee members decided we will meet:

- February 1.2024
- April 4.2024
- Sherman High School at 12:00 pm

KC made a motion to adjourn.

Sarah seconded motion to adjourn.

Reid adjourned the meeting 12:58 pm.

Minutes submitted by Christy Baca