

## **SHAC Minutes October 13, 2015**

The members of SHAC discussed the district's wellness policy and the possibility of two changes to it. The changes were not allowing parents to bring food at lunch to children other than their own and not allowing parents to bring homemade foods for parties, fundraisers, etc. At this time, both points were just discussed.

The October 22<sup>nd</sup> "Let's Move Sherman" event will be held at Dillingham from 5:30-7:30 with SHAC having a healthy smoothie booth. The possibility of collaborating with Region 10 Education Service Center and Denison ISD in the spring for a mental health information fair was discussed. A parent co-chair is needed for SHAC as well as members for the physical activity and fitness committee. The group would like to consider further the amount of recess time at campuses as well as the length of lunch times.

Karen Young from the American Heart Association spoke to the group about the organization's partnership with the district. Many campuses already participate in Jump Rope for Heart, and she is looking to involve secondary campuses in Hoops for Heart this year. The district will also try to get more involved in the Go Red events for faculty members.