

## **Minutes from SHAC Meeting – February 23, 2016**

The School Health Advisory Council met on February 23, 2016, and voted to adopt two policies that campuses have seen a need for guidance with recently. The first was a policy for parents/guardians providing lunch for children other than their own. The second was parents/guardians bringing homemade foods for class events. Both adopted policies are being implemented to help prevent exposure to food allergens.

SHAC also discussed various ways that the group and the district can help give students a break from technology in the classroom by getting students more physically active and/or outside during the day. John Nikirk presented the group with research that he has done which shows the benefits of such activities. Various suggestions included gardening, brain breaks during the day, extended recess, more lessons being done outside, etc. Dr. Tyson Bennett, assistant superintendent, was invited to the meeting to hear the suggestions of the group. He suggested that we provide a prospectus of this information for the district leadership team so that they can discuss it at a meeting.

SHAC is also sponsoring the TRS Active Care/Aetna Live Healthy 8 Week Wellness Challenge for employees who participate in this insurance program. More information about this challenge is posted on the morning announcements each Thursday for the duration of the program.