

**Seguin Independent School District
School Health Advisory Council
SHAC**

Minutes, March 23rd, 2016

- Julie Steele Co-Chair called the meeting to order 5:05
- Julie welcomed all to the meeting and asked everyone to introduce themselves. In attendance were Mark Dibble, Whitney Bischoff, Lisa Burns, Sara Martinez, Jessica Kirksey, Julie Steele, Joe Alcala, Danna Dyess, Allison Willemin, Trason Willemin, Dot Whitman, Rose Bretzke, Danna Dyess, Lisa Evans, Alice Gutierrez, Beth Loyer, Deborah Mahan, Michelle Meehan, Elaine Schacht, Pat Watkins, and Pete Silvius.
- February meeting minutes approved.
- Program updates.
 - Health Fair- Alice Gutierrez (Patlan-Parent Liaison) invited all SHAC members and represented organizations to host a booth at the Seguin ISD Health Fair scheduled for March 31st from 5-7pm. The event will include the health fair booths in the cafeteria and fitness activities in the gym. The SHAC will host a table and possibly a walk/jog around the track. All SHAC members are invited to attend and invite others to participate in SHAC. For more information please contact Alice Gutierrez at agutierrez@seguin.k12.tx.us The Health Fair Flyer is attached.
 - Pete shared a copy of the proposed revision to the Seguin ISD Wellness Policy. The SHAC took time to read through the changes to the policy. The revision includes language that increases assessment and implementation of the policy.

The revised policy will involve the creation of an additional document called the Wellness Plan. The Wellness Plan will be created with input from the SHAC and will include procedures and structures to ensure compliance with the policy down to the campus level. The plan will also provide an opportunity to review the plan and policy annually to be sure that the plan and policy are working to promote the health and wellness goals that the SHAC has established for Seguin ISD. A sample Wellness Plan was given to all SHAC members for review. We will begin work on the Wellness Plan in the coming weeks.
 - There was discussion about the proposed revision including the option for exemptions for limited fundraisers that do not meet the federal requirements for the Nation School Lunch and Breakfast Program. It was the interest of the SHAC to look to remove this exemption in the future and seek to other options for fundraisers. The revised draft was approved by the SHAC for recommendation to the Seguin ISD Board for adoption. The Wellness Policy adoption will be added to the Seguin Board agenda in April.
- Sub-committees met and briefly discussed possible future goals.
 - Social and Emotional Health Sub-committee** is going to identify which programs are in place currently in Seguin ISD to address bullying, stress-management and suicide prevention. The sub-committee would also like to look into a program to address sexting.
 - Nutrition Sub-committee** is interested healthy food fund-raiser alternatives, salad bar integration, integration of a nutrition curriculum and *new foods* introductions through food service.
 - Physical activity Sub-committee** is going to look to promote more physical activity in the classroom, strengthen/create a recess policy, staff fitness activities, after-school activities and activity based fund-raisers.
 - Environmental Wellness and Human Sexuality sub-committees did not meet.
 - Our next SHAC meeting is Wednesday May 11th 2016 at 5pm.
- Motion to adjourn at 6:06