

## **Minutes of the School Health Advisory Council February 19, 2015**

The School Health Advisory Council (SHAC) met on Thursday, February 19th at the FRISCO ISD CTE center, 9889 Wade Blvd, Frisco, Texas.

In attendance were: Sheila Gardner, Chuck Altmans, Vikas Amara, Asya Baig, Emily Barker, Janet Beeler, James Caldwell, Fung Chang, Beesha Chenucheril, Brooke Domek, Kim Gage, Kelli Gerard, Jeremy Goldberg, Amy Haynes, Lisa Jackson, Alka Jwala, Nancy Lawson, Krissy Love, Serena Lucas, Janine Maupin, Tina Nixon, Deidre Parish, Jeannine Rios, Misty Stevens, Kathy Tolbert, Debera Tredennick, Pat Velasquez, Nicole Warhoftig and Sandy Weber.

Meeting was called to order at 5:03 pm.

Director, Sheila Gardner welcomed everyone and thanked them for coming to the meeting.

Minutes from the November 13, 2014 meeting were approved. No changes were noted.

Sheila announced that we had quorum per our bylaws.

Sheila stated that the bulk of our meeting was going to be dedicated to working on the Coordinated School Health Strategic Plan. This will be a very important piece of the district piece referred to as "Whole Child".

There is much work to be done on the strategic plan so an additional SHAC meeting has been added on April 23, 2015. The completed plan will be brought to the Frisco ISD board at their May meeting for consideration.

Sheila discussed some health and wellness initiatives that are currently taking place in the district:

- The 21 day healthy snack challenge is going really well. Last year the district had roughly 3000 students participating – this year we have over 11,000.
- The Stonebriar Mall, Crest Cadillac and the American Heart Association have partnered with Frisco ISD to create the Heart Art Wall. 5 students at every elementary school were selected to make their version of a "healthy heart" which is being displayed on a large red wall outside of Sears in the mall. For every "like" on the Stonebriar Mall facebook page, Crest Cadillac will donate \$1, up to \$1000.
- 13 Schools are currently Healthy Zone Schools through the Cooper Fitness Grant program. 15 additional schools have applied this year and will find out in June if they have been selected. Sheila hopes to continue adding schools each year.
- The district has applied for a Dallas Stars Grant for approximately \$48,000 worth of hockey equipment to be used in PE classes.

Debera Tredennick discussed the Wellness policy. She has gotten the template from the USDA and is working on filling in the information. She will use the 2007 policy as a base and will also be using the Alliance for a Healthier Generation as a guide. A very small portion of the policy is dedicated to nutrition and also includes activity and health components. Debera stated that the Texas Department of Agriculture has decided to throw out their policies as they feel the policies need to be created at the local level and not dictated by the state. She has copies of the template if anyone wants one.

Sheila reported that Jump Rope For Heart is currently going on at the elementary schools and has been very successful. Cooks Childrens Hospital has granted a subscription of "GoNoodle" to the district's schools in Denton County for three year. GoNoodle has granted usage to the remaining schools until the end of this school year. This program is online and provides physical brain breaks that the teachers can use in the classroom for the students. Hopefully we will continue to get this with community partners support.

Sheila reported that the employee wellness is going well. Teachers have embraced it and the nurses are supporting it. Some of the initiatives include Check, Change Control which encourages teachers to check and track their blood pressures. Another initiative has some staff wearing pedometers to record their number of steps each day in a friendly competition.

Sheila then moved into the Strategic Planning portion of the meeting. She showed a brief video by the Association for Supervision and Curriculum Development to bring focus and advance the work ahead.

Frisco ISD currently has over 50,000 students in 61 schools and continues to grow. We need to help address the Whole Child.

SHAC's role in the creation of the strategic plan:

- take the strategies and objectives and advance them into action items
- create a comprehensive health & wellness strategic plan
- support guide and assist in carrying out the strategic plan.

The group was split up into smaller groups to help develop ideas for the strategic plan. There were two groups working on the student portion, one on community, one on family and one on staff. One representative from each group took notes and will share them with Sheila. Sheila will compile the information to further develop the plan.

Please feel free to email or call Sheila with your ideas. She would like to continue the dialog one on one with any SHAC member between now and the next meeting.

"Healthy Kids Learn Better"

Meeting was adjourned at 5:58 pm.

Respectfully submitted by: Nicole Warhoftig