

Minutes of the School Health Advisory Council September 3, 2015

The School Health Advisory Council (SHAC) met on Thursday, Sept 4th at the FRISCO ISD Admin Building, 5515 Ohio Blvd, Frisco, Texas.

Members in attendance were: Chuck Altman, Asya Baig, Emily Barker, James Caldwell, Courtney Caldwell, Toni Camack Junio, Fung Chang, Edul Chinoy, Holly Collins, David Domingue, Rylie Edwards, Tammy Elliott, Leann Forst, Sheila Gardner, Kelli Gerard, Amy Haynes, Geoffery Heinicke, Angi Hunter, Danielle Ingold, Lisa Jackson, Keri Keck, Kelsey Kocher, Amy Kreins, Gerryl Krilic, Erin Lester, Janine Maupin, JT Mistr, Tina Nixon, Tanya Rajabi, Kendric Smith, Misty Stevens, Debera Tredennick, Karen Young

The meeting opened at 5:05 pm.

The Director of Coordinated School Health, Sheila Gardner, introduced herself and gave an overview of Whole Child and the role that SHAC plays in FISD. She thanked the members who have remained on the board and welcomed the new members. Special recognition was given to four high school students who are new members of SHAC.

An overview of the Whole School, Whole Community, Whole Child model from the Association of Supervision and Curriculum Development was presented. SHAC's roles and responsibilities were explained.

Everyone received a copy of the Whole Child section of FISD's Strategic Plan. The 5 year plan was presented and explained. It will guide the work of SHAC. Thanks was given to those who worked throughout the year last year and had input in the Strategic Plan.

SHAC Vision, Mission and Motto were presented.

Vision: A future where everyone in FISD has the opportunity to live a healthy life.

Mission: Improve the health and wellbeing of everyone in FISD.

Motto: Healthy, Fit & Ready to Learn

James Caldwell spoke about the newly created campus committee titled, Whole Child. All SHAC members were asked to contact the Whole Child Campus Coordinator to find out how they might best serve. The focus being on Action Step 6.1.1.1; Develop an inventory of all practices occurring across the district regarding student health and

wellness. Findings will be brought to the next SHAC meeting for evaluation to lead us into Action Step 6.1.1.2.

Debera Tredennick spoke about putting the finishing touches on the draft of District Wellness Policy. She will send this out to SHAC members for input and review. Sheila Gardner will work with Debera to complete this draft. This will be brought to SHAC members at the next meeting.

The Pro Start students from Centennial asked for support at a snack taste testing they will host at Centennial at 1:15 on Thursday, September 10th. SHAC members are encouraged to attend. Their winning snack recipes will be featured in the 21 Day Challenge Cookbook for the North Texas Region.

Physical education and physical activity break had new programs introduced. GoNoodle which are brain breaks, and First Tee which is a golf program will be brought to elementary schools this next year. 21 Day Challenge and Jump Rope and Hoops for Heart will continue as educational campaigns to bring health and wellness information to students. Frisco ISD is number one in Texas and number 4 in the nation supporting American Heart Association in their educational campaign.

SHAC Bylaws remain the same. A copy will be sent to everyone.

Healthy Zone School Recognition Program by the Cooper Institute is now in 21 FISD schools with 9 schools joining this year.

SHAC will assist in creating employee walking paths around each campus. Distance measuring wheels can be checked out from Sheila Gardner. An update of established paths will be presented at the next SHAC meeting.

The future meeting dates were announced: November 12th, February 18th, and April 21st.

The meeting was adjourned at 5:50 pm.

Respectfully submitted by SHAC secretary, Nicole Warhoftig.