

Minutes of the School Health Advisory Council
September 4, 2014

The School Health Advisory Council (SHAC) met on Thursday, Sept 24th at the FRISCO ISD Admin Building, 5515 Ohio Blvd, Frisco, Texas.

In attendance were: Sheila Gardner, Debera Tredennick, JT Mistr, Kathy Tolbert, Kendra Durham, Laura Lee McLeod, Misty Stevens, Nicole Warhottig, Tammy Hischke, Allison Gutschlag, James Caldwell, Nancy Lawson, Jon Maupin, Katie Kordel, Wes Cunningham, Kathy Tolbert, Kenny Chandler and Deidre Parish

The meeting opened at 5:05 pm.

New Director of Coordinated School Health, Sheila Gardner, introduced herself and gave an overview of her new position and vision. She would like to work with SHAC, improving health and wellness of the students, staff and community of FISD with measurable results. She sees this as a 5 year plan. She will help to create a culture and environment that focuses on wellness.

She gave an overview of the Whole School, Whole Community, Whole Child model and how we will use that focus FISD on health and wellness..

The minutes from the April 24, 2014 meeting were approved and will be filed as written.

Allison Gutschlag is the Frisco ISD PTA Council Healthy Lifestyles Representative and gave an overview on what they are working on. The PTA is recommending that every campus has a School Wellness Council. Currently there are 2 Elementary Schools that do not have Wellness Chairs – Smith and Gunstream and 5 Middle Schools – Clark, Fowler, Hunt, Roach and Vendeventer. They are also recommending that every school has a walk/bike to school day. They would like elementary schools to have a Kid Fit/Eating Around the World Day. This is an opportunity for kids to partake in a fitness circuit during their Specials time and also try new healthy foods at lunch time. In addition they would like each PTA to send out monthly newsletters with healthy tips, recipes, etc...

Allison also discussed the 21 Day Challenge. This is a continuous collaboration with Medical City Children's Hospital and the culinary arts students. The students create healthy recipe books for the elementary school kids. The 21 day challenge is to see if the kids are trying the recipes and new foods on a regular basis. They will register online with an email address; eat the snacks for 21 days, then fill out an online survey to

see if the habits have stuck. This year Frisco ISD will be competing with Allen ISD to see who has the most student involvement.

October 25 is the Gary Burns run in downtown Frisco. They are expecting 5000-6000 runners. Please spread the word.

Kathy Tolbert spoke on Health Education and Services. She would like the groups help in offering ideas to remediate a situation with the peanut free tables at school. Each school has designated peanut free tables. Kids with allergies are allowed to sit there, but may not bring friends to that table. The allergy kids DO have the option to sit at a regular table. Parents of allergy kids are would like to able to bring a friend to the table. Kathy does not want to compromise the health of the kids at the table. She is open to any suggestions.

Health Sciences at the CTE center can use volunteers. Please pass on the info to anyone you know that may be willing to help out.

John Caldwell gave an update on the Bully and Suicide prevention programs. During the summer there was a camp for 10-12 “student ambassadors” to help mentor troubled kids. Generally the kids that are troubled are loners and by getting kids connected at an early age and involved with other kids, some of the issues can be eliminated. He discussed a coordinated plan which talks about healthy living and dealing with conflict which will encompass drug/alcohol use, suicide, etc... He doesn't want teachers to think this is a separate curriculum for teachers to teach, but simply incorporate these positive messages into other lessons on a regular basis.

Sheila gave an update on the birthday celebration alternatives. All schools sent out notification regarding birthday. Instead of food items, schools are encouraged to celebrate the student's birthdays in other ways – yo-yos, jump ropes, crazy sock day, etc... Campus principals will decide how they want to celebrate birthdays on their campuses. The celebration will continue, but would be best to not include food. If parents send in food items they will be distributed at the end of the school day.

Debra Tredennick gave an update on the wellness policy. Frisco ISD currently has a wellness policy that was put in place several years ago. This is the policy we currently follow. Last year the SHAC committee had hoped to update the policy but had to wait for the guidelines from the USDA. The guidelines came and a separate committee will be formed to work on the development of the new policy – hopefully this year.

Debra stated that in the past Frisco ISD has always followed the guidelines of the Texas Public School Nutrition Policy which had fairly strict guidelines of what could be served in meals and food sold outside of the meal plan. The USDA came out with a new Smart Snacks in schools policy for items sold outside the meal plan and is not as strict. It was recommended that we now follow these guidelines. Because they aren't as strict and will allow for unhealthy food options – Debra made a recommendation that Frisco ISD continue to follow the Texas Public School Nutrition policy until our wellness policy is complete. She made the following motion:

“Texas Public Schools have been following the Texas Public School Nutrition Policy for almost 10 years. This policy ended on July 1 when the USDA’s restrictions for food sold during the school day went into effect (Smart Snacks in Schools). I would like to recommend that Frisco ISD continue to follow the Texas Public School Nutrition Policy until the district amends and changes its current wellness policy. The only exceptions to following this rule would be where the USDA policy is more restrictive.”

This motion will be brought to the next SHAC meeting for the 2014-2014 approved SHAC members to vote on.

Sheila noticed a visitor was in attendance, which she had corresponded with through email and gave him an opportunity to speak. John Bates is a parent of three children at Boals Elementary. He feels that the message sent home regarding the birthday celebration treats was conflicting. He asked that the rules regarding treats be stated more clearly and communicated to the parents with options available. He doesn't understand why such treats such as ice cream can be purchased in the cafeteria but cannot be provided to the class to celebrate birthdays. Sheila appreciated his questions and comments and agreed to get back to him. He then left the meeting.

Sheila met with the various sports Booster Clubs to discuss menu options in the concession stands. They were all open to offering healthier snack options in addition to what is currently on their menus. Please look for a change in what is offered in concessions stand with in FISD in the 20132014 school year.

The Jump Rope for Heart educational campaign focused on heart health was a HUGE success in Frisco ISD. We are currently #1 in 6 states for participation and #5 nationally. Over 20,000 students participated in the event.

JT Mistr promoted the Girls on the Run program. This is a great program for girls to gain physical and mental strength through group running activities after school. He said it's a great program but difficult for PE teachers to run based on timing. He would love to see PTA's take it on and even have schools pool together and run the program. Some schools in Frisco ISD currently offer the program.

A committee needs to be in place to review the SHAC bylaws. Elections will also need to take place. A parent co-chair will need to be voted in. Email Sheila if you are or know anyone that is interested. Also email Sheila with what sub committees you would be interested in working on. We also need to encourage more parent participation in SHAC. By law, at least 51% of the members have to be parents. They can fill out an application online.

14 Schools have been recognized by Cooper Institute as Healthy Zone Schools. They have received financial awards to help further their health and wellness programs. JT stated that at the end of SHAC last year he and Misty Stevens recommended that Frisco ISD have their own recognition program, with or without the financial incentives. Coopers application process is quite rigorous and some schools qualify and simply don't get recognized because of financial constraints in the program. Most schools are looking for the recognition and not necessarily the funds. Sheila thought this was a great idea and would like to work with JT and Misty further on it.

Frisco ISD has been designated as a Fit Friendly workplace by the American Heart Association. Dr. Lyons worked hard to get Frisco ISD recognized and began to implement health and wellness in the Admin building, such as allowing time for employees to take walk breaks outside.

The future meeting dates were announced: October 23, November 13, February 19 and April 23.

The meeting was adjourned at 6:06 pm.

Respectfully submitted by Nicole Warhoftig.