

## Minutes of the School Health Advisory Council

April 21, 2016

The School Health Advisory Council (SHAC) met on Thursday, April 21<sup>st</sup> at the Frisco ISD Transportation Center West, 10701 Dallas Parkway, Frisco.

In attendance were: Fung Chang, Edul Chinoy, Tammy Elliott, Sheila Gardner, Amy Haynes, Geoffrey Heinicke, Danielle Ingold, Lisa Jackson, Amy Kreins, Janine Maupin, Kendric Smith, Tricia Thompson, Kathy Tolbert, Debera Tredennick, Pat Velasquez, Lisa Vernon, Nicole Warhoftig.

Meeting was called to order at 5:02 pm.

Quorum was established. The minutes from the February meeting were approved and will be filed as noted.

Director of Coordinated School Health, Sheila Gardner, welcomed the group and thanked everyone for their service on SHAC. She reminded everyone if they haven't already, to sign the form indicating they would like to return as a SHAC member for 2016-2017. Any new applications will be due in May. All SHAC members are appointed by the school board.

Sheila introduced our guests from Dr. Pepper Snapple who generously provided drinks and coupons for our meeting. Frisco ISD has a new 10 year contract with Dr. Pepper Snapple and we will be seeing more of their drinks around the schools and events. All schools will be asked to purchase only Dr Pepper Snapple products for school events. Healthier options for concession stands was discussed and nutritional facts on the products were reviewed.

Sheila gave a slide show presentation of the Frisco ISD Coordinated School Health Plan, recommendations and support of SHAC, and a review of accomplishments and work for the 2015-2016 year. She began the presentation with a short video that Dr. Lyon created for the American Heart Association discussing the importance of health and wellness for students, staff and families, and the Whole Child plan. Participants echoed Dr. Lyon's message and showed eagerness to continue to advance the health and wellness mission of FUSD.

The two organizations that started the Coordinated School Health effort and promoted the Whole Child were the Center for Disease Control (CDC) and the Association for the Supervision of Curriculum Development (ASCD). The merging of the two was highlighted to bring clarity to the collaborative work SHAC is involved in.

SHAC has supported the elimination of computer class in elementary school in favor of Flex Aides – who add the clarity to the health component while supporting the PE programs and the

campuses overall goals. This was a big shift in the elementary specials classes and SHAC support was appreciated to make this a smooth transition.

In the past SHAC recommended that health remain a requirement for graduation. Students also get CPR training in Middle School using curriculum and materials provide by a partnership with the American Heart Association. There have been students and parents whose lives have been saved due to this very important training. Continued support in this area will remain contestant.

So much has been done for healthy eating thanks to Debera and the Nutrition Department. It's known that kids who are full and fed properly function better. SHAC supported no more sweet treats in the classrooms for birthday celebrations. The elementary students are encouraged to try new foods on Try Day Friday and Eating Around the Rainbow. There are salad bars in many of the schools. There are no diet drinks or sodas for students.

The Employee health, wellness and morale has improved. Staff has participated in blood pressure checks, walking during lunches, after school fitness classes and staff health challenges, healthy heart campaigns, etc... If the staff is taken care of, they in turn are able to care for our kids.

SHAC members partnered with all the schools in Frisco to support the Whole Child campus committees regarding their health and wellness needs in all 10 Whole Child components. This was a new venture for the 2015-16 that has been well received. Combining safe schools, Olvais and health and wellness into one committee allows for a more collaborative approach on meeting the health and wellness needs of all of our students. SHAC also reviewed surveys completed by all Frisco schools to see where greater support was needed.

SHAC supports the PTA Healthy Lifestyle Chairs on each campus. These members have improved the overall essence of health and wellness on the campuses through bulletin boards, newsletters, healthy displays while supporting and involving parent and the community.

The nursing staff has had a big impact on the wellness of our children through immunization clinics, dental checks, vision and hearing screenings and scoliosis checks.

SHAC has supported Safe Schools including social, emotional and mental health of students and staff working with James Caldwell. Inventory was collected and reviewed to see where the most need is. Schools have hosted programs on pregnancy, suicide, drinking, etc... to support this need. Classroom connection meeting are ongoing and individualized per campus to meet the student's needs.

SHAC has supported and promoted many partnerships this year. Sheila has worked with many stakeholders raising hundreds of thousands of grant dollars in programs for our schools. Currently Frisco ISD is #4 in the nation for supporting the American Heart Association. Frisco ISD currently has 20 Healthy Zone Schools from United Way and the Cooper Institute, with 17 more applications pending. No other district has this many. We have Fuel Up to Play 60 in all Elementary Schools. The healthy cookbook and 21 Day snack challenge with Medical City Children's Hospital – Frisco ISD was the district with most participation from students. GoNoodle is being used by more classroom teacher as a way to make learning more kinesthetic. Relay for Life is coming up May 20<sup>th</sup> and all stakeholders are invited.

SHAC teamed up with campuses to support the Health and Wellness chair on the Whole Child Committee on the campus. These chairs are the link between SHAC and the school. These health and wellness chairs have helped facilitate many wellness events on the campuses such as healthy fitness runs, jump rope for heart, field days, health fairs, etc...

The physical component in the classroom has increased through programs like GoNoodle, FitnessGram and additional PE programs brought to our campuses such as The First Tee Golf program. FUSD received over \$70,000 worth of golf equipment, curriculum and training from The First Tee. Kids are getting up and moving more with the help of these programs as well as athletics and before and after school clubs.

The following facts were presented from the 21 Day Challenge that just concluded at our elementary schools:

Chip consumption is down 16.3%.

Cookie Consumption is down 17.9%.

Soda consumption is down 3.9%.

Fruit and veggie consumption is up 12.7%.

Teens that are active in school are 20% more likely to get an "A" in math or English.

Students who get at least 20 minutes of recess a day have lower BMI.

These are all great things that we, as a whole unit have helped achieve over the past year and should be very proud of our district. Sheila noted that although we have done so much, childhood obesity is still high and there is much more for us to do as a collaborative team.

With that – Lisa Jackson raised her hand and asked if it was true that the Director of Coordinated School position was going away. Sheila stated that her position as director would be transitioning as of July 2016 into a Health and PE Coordinator role, however she stated that she is completely committed to giving her full effort for the duration of her year to her current role and will fully embrace her new duties as assigned next year.

The group expressed their concern and dissatisfaction of this announcement. The group was wondering why this wasn't brought to their attention, as the SHAC was instrumental to create this position. Their input and expertise was valued 2 years ago and now their input wasn't even sought. Sheila stated that the district has a plan and to remain fully committed to advancing health and wellness. She was asked to share that plan. She did not have a copy of the plan but tried to assure the group that it will be coming in the near future.

The meeting was adjourned at 6:02 pm.

Respectfully submitted by Nicole Warhoftig