

FISD School Health Advisory Council (SHAC)
Meeting Minutes for Wednesday, February 20, 2019

The SHAC meeting was called to order on Thursday, February 20, 2019 at 4:48pm at the FISD Administration Building Board Room by Allison Ginn.

Attending: Noor Anjum, Adam Annaccone, Cyndi Arakas, Janet Beeler, Gretchen Bell, Stephanie Campbell, Lucy Driggers, Angela Dunford, Leeba Forooqi, Shane Gilmore, Allison Ginn, Rosa Emma Gonzalez, Andrea Griffith, Annette Hamel, Geoffrey Heinicke, Mary Hewlett, Christie Hutchinson, Monica Jackson, Lisa Jenkins, Amy Kreins, Kevin Mechenbier, Laura Lee McLeod, Ann Nickel, Erin Reynolds, Deborah Shaytar, Katherine Smith, Melanie Smith, Kathy Tolbert, Jay Warren, Karen Young and Kandace Morgan

Mrs. Ginn introduced Co-Chairs and welcomed all of the members.

Mrs. Ginn spoke about Frisco ISD Family Wellness Festival - Saturday, April 13, 2019

- Supporting the Whole Child
- 10am - 1pm

Mrs. Ginn spoke about Structured Brain Break Pilot Program - showed McSpedden Video

Mrs. Ginn laid out the objectives and agenda for today's meeting.

At 5:15pm Breakout into Sub Committees. Meeting notes for sub committees were recorded by the sub-committee secretaries.

Committee 1: Health & Physical Education

Committee 2: Family Engagement/Community Involvement

Committee 3: Healthy Services/Employee Wellness

Committee 4: Counseling and Psychological Services/Social and Emotional Climate

At **6:15**, SHAC committee regrouped

- Spin the SHAC Wheel
- Winners were awarded door prizes

Our next meeting will be Wednesday, April 25, 2019 at FISD Administration at 4:45pm.

The meeting was adjourned at 6:20pm.

-Cyndi Arakas, SHAC Co-Chair

To build connections among the students

To build connections among the staff itself.

Create a digital Pdf or video (Informational) give it to Family Engagement & use will distribute it.

Health + PE Encouraging participation in every 5th grade school and not participate in = handwriting
Health + PE Get older students to make cards and provide advice
Health + PE Community Service

PE/Health Promote Character Strengths during classwork Brain Breaks

To build connection between staff and students.

Health + PE Carry Bunnies 5K Teacher signs up most students to run with
Health + PE Staff + Students Community Service together
Health + Wellness Committee Include staff on after school walks

PE & Health, ED Brain Breaks for 1 & 2
3 ask 1 about their BB

