

## **Minutes of the School Health Advisory Council November 12, 2015**

The School Health Advisory Council (SHAC) met on Thursday, November 12th at the FRISCO ISD Administrative Building, 5515 Ohio Drive.

In attendance were: Chuck Altman, Janet Beeler, James Caldwell, Fung Chang, Beesha Cheruchercil, Tammy Elliott, Leann Forst, Sheila Gardner, Kelli Gerard, Angie Hunter, Lisa Jackson, Alka Jwala, Janine Maupin, JT Mistr, Mirna Murad, Tanya Rajabi, Tricia Thompson, Kathy Tolbert, Debera Tredennick, Pat Velasquez, Lisa Vernon, Monica Violante, Nichole Warhoftig and Stephanie Campbell

Meeting was called to order at 5:03 pm.

Director, Sheila Gardner welcomed everyone stated that quorum was met.

The minutes from the April meeting were reviewed, approved and filed as noted.

Sheila gave the following reports:

No Run, Run Expo – Due to inclement weather resulting in the cancellation of the Gary Burns Fun Run – there will be a No Run health expo on Saturday, September 12<sup>th</sup> at Stafford Middle School.

Curtsinger hosts a Super Bowl event which entails all 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> graders walking to Centennial High School to play football. They sold out of \$550 worth of healthy concessions. Money raised was donated to Frisco Family Services.

Several schools are doing Fun Runs and Color Runs as fundraisers. The kids seem to really enjoy them and they are quite successful for raising funds.

Fuel Up to Play 60 – Everyone should go to the website and associate themselves with a team and school. Schools have the opportunity to apply for \$4000 grants.

Check Change Control – This program is offered to the staff and encourages them to check and record their blood pressure on a regular basis. There are currently 71 people signed up and it runs through Christmas break. Likely more people check than actually register their results.

Go Red campaign – This campaign runs this week through February and encourages heart health for the staff.

Kids Teaching Kids/21 Day Challenge – Frisco ISD culinary students team with the graphic art students to create a healthy snack cookbook for the elementary students. Our district competes with other districts on who can get the most students to use the cookbooks. Last year Frisco won. Several other districts have joined in this year. The students are encouraged to eat healthy snacks from the cookbook. In January the

students will log in to the website and record their results. Some local restaurants, such as Rover Grill and Original Pancake House have added some of the items to their menus.

GoNoodle – This movement website has been used by many teachers in the district and the kids really love it. It allows them to get up and exercise at their desks. You can access it at home as well.

Flex Special Aides – Frisco has gotten rid of computers as a “special” and has added an extra PE session. These sessions take place in various locations at the school and are conducted by PE aides.

Health Fairs – Some schools have conducted amazing health fairs. Sheila asked a SHAC member, to share what they have done at Purefoy. Purefoy bases their fair on Mind/Body/Life and offer various wellness tables. The students have a scavenger sheet encourage them to visit all the stations. Once they complete the stations they are rewarded with a spirit stick. This fair was very well received by the parents and students.

Healthy Zone Schools – there are currently 21 healthy zone schools in our district. Eight schools are applying now. We are the only district that has this much involvement.

Establish campus walking paths – several schools have created measured paths to encourage the staff to walk before/after school or on breaks. These paths can be created using a measuring wheel or the google earth map. Teachers can wear pedometers and track their mileage.

Profile by Sanford Health Challenge – This program picks 5 employees to take part in the challenge. They get free membership, scale, food, etc.. Over 100 teachers have signed up that they are interested.

Ad Cap Social Innovation Series – 7 teams from Frisco went to compete in this “shark tank” event. They had 3 hours to work with mentors and create an idea before pitching it to the judges. The top 10 teams earn \$1000 for their schools and all 7 of our teams made it. The top teams compete nationally for \$10,000. Two of our schools made it to the national level – Pearson and Liberty.

Safe School / Whole Child Committee – These committees encompass both health and wellness and safe schools. Some schools combine the two and some have groups that meet individually. Some schools have not made the transition yet and fully embraced the health and wellness aspect. This is where SHAC members are encouraged to work with their adopted schools on developing this inventory.

The SHAC committee was broken into smaller groups to compare inventories of what schools are currently doing, in order to move on to Phase 2 of the Whole Child model.

The meeting was adjourned at 6:00 pm.

Respectfully submitted by: Nicole Warhoftig