

**School Health Advisory Council**  
**Minutes – November 16, 2015**

The meeting was called to order at 4:04 pm by Dr. Thompson who welcomed those SHAC members and guests in attendance. Everyone in the group introduced themselves as there were several new folks present.

Dr. Thompson explained that Becky Wojcik was elected as the SHAC secretary at the last meeting, but that Becky would not be at the meeting because she was ill. Additionally, she explained that Becky had not provided the Minutes from the September meeting yet, so they were not available for review or approval. The SHAC agreed to table the approval of the September Minutes until the next meeting.

Kathy Wolford, Child Nutrition Director for SISD, provided an update on her program. First, she explained that the program was in the process of updating the District's "charge policy" which determines guidelines for allowing students to "charge" whenever they fail to have sufficient funds in their lunch account. The new policy will likely allow students to charge a limited number of breakfasts and/or lunches up to a certain dollar amount. Once students reach that dollar amount and still don't have money in their account, they will be offered an alternative meal (sandwich, fruit, etc.) for that day. Mr. Miksch also reported that the Rotary Club has a program at the elementary campus where they will "cover" the cost for a student for a couple of meals before they are offered the alternative meal. He stressed that children are not denied food and left to go hungry when they are unable to pay.

Secondly, Mrs. Wolford explained how the revised school calendar with the shortened school year (counting minutes in school instead of days in school) was going to affect her program. She explained that she was still required to pay salary for her cafeteria staff for the original number of school days even though they would not be generating federal funds for those days because there were no children in attendance and no reimbursable meals being offered. Mrs. Wolford asked the principals to consider scheduling their summer school program from 8:30 am – 12:30 pm or 9:00 am – 1:00 pm or whatever time might include a lunch break built into the schedule... but to be sure to schedule in time for the students to eat lunch BEFORE the busses arrived to take them back home. This way she can rotate her cafeteria workers in shifts to cover the preparation and serving of meals throughout summer school and recoup some of the lost reimbursement.

Next, Ms. Kacal called on Jake Joseph and Shanna Jones to report on the training they have received in order to be able to provide the required abstinence and paternity awareness instruction in their health classes. Both teachers attended the Scott and White Wellness and Sexual Health training in Temple, Texas, earlier this semester and said that the training was very beneficial. Shanna Jones will be training the new girls' PE teacher at the Junior High in the early Spring semester on the Wellness and Sexual Health curriculum. The HS teachers have already begun instruction of the program in their health classes. The JH PE teachers will provide training to the 6<sup>th</sup> grade students in the Spring. Additionally, Coach Joseph attended the p.a.p.a. (paternity awareness) training at Reagan HS in Houston ISD on 10-6-15. Mrs. Jones previously had the p.a.p.a. training.

Dr. Thompson presented the current Wellness Policy for the SHAC to review for possible updates and revisions. She walked through the 5 areas addressed in the Wellness Policy and asked the SHAC to consider what changes or additions might need to be made and then be prepared to share suggestions at the next SHAC meeting. She also urged the SHAC to consider how to evaluate the District's progress in implementing the Wellness Policy/Plan and to share ideas in that regard at the next meeting as well.

Mirna Sanchez, a representative of the Matagorda Episcopal Health Outreach Program (MEHOP) in Bay City, was a guest of the SHAC on this date. During Open Forum, she shared about the free assistance provided to the community in the

form of assistance in filing for Affordable Health Care or other federally-funded programs such as Medicaid, discount prescription programs, free books for children, free health education classes, transportation for medical appointments at MEHOP, vision screening, discount glasses, and other services (medical, pediatrics, dental, OB/GYN, behavioral health) on a sliding fee scale. Ms. Sanchez provided business cards and flyers with information about the services available at MEHOP. They also provide bilingual assistance in accessing the services at MEHOP.

Also in Open Forum, Randy Miksch gave updates on the revised school calendar, the district building projects and recent energy efficient improvements (LED lights, new “chillers”). Because the District was able to take advantage of grant funds, these energy efficient measures will provide improved lighting and climate control in District buildings at a very low cost.

Coach Joseph mentioned that his PE program was in need of new sports equipment (balls, etc.) Mr. Morrison, HS principal, responded that Coach Berry was in the process of getting him a list of needs in that area.

With no further comments, the SHAC dismissed just shy of 5:00 pm. Members were reminded that the next meeting will be held January 11, 2016, at 4 pm.

Minutes submitted by Donna Thompson, Ed.D.