

SHAC Minutes – April 30, 2018  
ELT Conference Room  
4:00 pm-5:00 PM

Denise Zimmerman, Director of Guidance and Counseling, called the meeting to order at 4:07 PM and reviewed the agenda.

The purposes of the meeting were stated:

1. To review the 2016 – 2017 School Health Survey
2. To discuss child nutrition as it relates to mental health
3. To prepare for the Board of Trustees meeting

### **Welcome and Introductions – Denise Zimmerman, Director of Guidance and Counseling, and Claudia Curda, parent**

- Denise Zimmerman welcomed and thanked everyone for their flexibility in rescheduling last week's meeting due to inclement weather
- Claudia Curda welcomed and thanked everyone for participating on the committee this year
- Both committee co-chairs expressed their goal in growing the committee next school year
- The entire committee introduced themselves

### **2016 – 2017 School Health Survey – Claudia Curda**

- Claudia Curda distributed and led a discussion on the 2016 – 2017 School Health Survey, TEA
- The purpose of the survey is to collect data relating to student health and physical activity from each school district
- The data allows TEA to better address the various health-related needs of Texas schools and students statewide
- Question 20: Does your district/charter school notify parents that they can request in writing their child's physical fitness assessment results at the end of the school year?
  - The response is pending; could not answer the question
  - What is our fitness assessment? Fitness Gram
  - Co-chairs were told the Spring ISD website states if parents want the results they must submit a written request
    - Could not locate this on the website
  - Reviewed current Student Welfare Wellness and Health Services policy and discovered it does not address the question
  - Klein ISD sends results home; this is not a requirement, so we don't do it
  - This survey is for the 2016 – 2017 school year so the answer is NO; we can address and correct it for this school year
  - May is National Physical Fitness and Sports Month; perhaps we can address it during this time
  - Denise Zimmerman will compile a list of recommendations to submit to the Board of Trustees in order to correct the issue
    - Please email Denise your recommendations
    - Recommendation: print the assessment and results and send them home with the students
- Other notable discussions regarding the survey

- Question 9: During the 2016 – 2017 academic year, has your school board or district/charter school implemented/changed a policy, program, or practice as a result of a SHAC recommendation?
  - Answer = yes, Spring ISD implemented the Mental Health Resource Guide
- Question 16: How many minutes per day is required for recess in your school district?
  - Committee believes the answer is 16 – 20 minutes NOT 26 – 30 minutes
- Question 24: Which Coordinated School Health Program is your district/charter school implementing in elementary schools?
  - The recorded answer was CATCH; however, teachers are not trained on the program
- Please see the handout for specific details

### **Child Nutrition – Jennifer Fasano and Kevin Truong**

- Jennifer Fasano (District Dietitian and Nutrition Coordinator) and Kevin Truong shared information about the school meal program
- All students receive free breakfast
- Lunch is free for free and reduced lunch students; non-eligible students must pay
- Supper (full meal) is offered at any campus that has an after school enrichment program
- District offers summer feeding
- District follows all USDE guidelines
- Is there a requirement for feeding students breakfast who arrive to school late?
  - That is determined by the campus principal
  - When Child Nutrition is notified of a late bus, the cafeteria staff will wait for those students
- District participates in Breakfast in the Classroom
- Meal menu repeats every four weeks
- Salads are served daily
- Circa 19,000 breakfasts are served daily and 28,000 lunches are served daily
- There is a potential relationship between bullying, cyberbullying, and depression with unhealthy breakfast skipping behaviors
- We are implementing new ideas and programs in order to change the perception of eating at school
  - Tasty Tuesday and Try It Thursday encourages students to try different meals
  - Host various contests around ways to create a healthy plate
  - Recognize National Grain Month in September
  - Recognize National School Lunch Week and National School Breakfast Week
- Tranita Carroll added that Child Nutrition also provides capacity building training to parents regarding healthy food guidelines and fundraising during parent meetings
- Child Nutrition is a self-sustaining department; funding comes from USDA and not general funds
- Is there any way we can donate leftover fruits and vegetables to students who may want them?
  - That is an infectious control issue
- Have you ever done a study on how much food is wasted?
  - We are aware of the issue
  - Food is only thrown away if it is a temperature regulation issue (hot meal left in the classroom too long)
- There are some cafeteria staff members who force students to take fruit even when they say they don't want the fruit
  - That's a staff training issue
  - Please understand if students don't take what is required, then we must charge at a carte prices and the meal is no longer free
- How do we help students get supper who are not involved in after school activities?
  - Can we re-wash the fruit?

- Can we wrap the fruit in cellophane?
- We need to research viable solutions

### **Moving Forward – Claudia Curda**

- Claudia Curda led a discussion on the next steps for SHAC
- Child Nutrition is a tough topic and we will definitely revisit it
- The next meeting will be a work session to plan the SHAC presentation for the board meeting

### **Attendance**

- Please see sign in sheet

Next meeting: April 18, 2018

The meeting adjourned at 5:11 PM

The meeting summary was compiled by Tranita Carroll, reviewed by Denise Zimmerman, and approved by Dr. Lupita Hinojosa on *April 30, 2018*.