

Refugio ISD

School Health Advisory Council (SHAC) Meeting

September 28, 2016

Welcome: Meeting started at 05:34 PM. Mary Martinez RN asked for approval of the September 28, 2016 SHAC minutes, Twyla Thomas called motion to approve with Emilee Cox providing the second. Minutes approved.

Introduction of Members, Guests, and Staff present: Jack Gaskins, RISD Superintendent of Schools; Twyla Thomas, Elementary Principal; Olivia Deleon, Assistant Elementary Principal; Paige Meissner, Elementary Reading Specialist; Emilee Cox RN, Elementary School Nurse; Mary Martinez RN, JH and HS Nurse.

Review of RISD School Health Advisory (SHAC) Goals and Objectives: By: Mary Martinez RN

The goal of the Refugio Independent School Health Advisory Council (SHAC) is “To provide a safe and nurturing learning environment whereby all students gain a sense of self-worth and develop and maintain lifelong healthy behaviors.”

To achieve this goal, the RISD School Health Advisory Council will engage in ongoing review, discussion and recommendations for comprehensive school health education programs to include:

- Promoting quality health programs
- Modeling and encouraging the achievement of lifelong physical fitness
- Enhancing school health services
- Encouraging and providing healthful nutrition
- Supporting social and emotional well-being
- Creating safe and positive learning environments
- Promoting faculty and staff wellness
- Encouraging school, family and community involvement

The RISD School Health Advisory Council meets 4 times a year in the Refugio Elementary Teacher’s Lounge. The meetings are put on the District calendar, RISD website, and advertised on the District marquee. In order to put an item on the agenda, you need to contact Mary Martinez RN at (361) 526-5400 ext. 4005 at least a week before the meeting. The agenda and minutes of the SHAC meetings are posted on the district website after each meeting.

Mr. Jack Gaskins, RISD Superintendent of Schools, provided everyone at the SHAC meeting a copy of the current local wellness policy in an effort to review and update the policy. Also handed out was the FFA (local): Wellness Policy, Starting Points Policy Development Worksheet that was revised 09/16/2016. The worksheet was reviewed and updated by the present SHAC members and the choices made reflected the district's policy choices. The SHAC's responses to the worksheet will form the basis for a new FFA (LOCAL) policy to be adopted by the board. As of the School Year 2006-2007, all districts were required to establish a local school wellness policy. Congress added new provisions for local school wellness policies related to implementation, evaluation, and publically reporting on the progress of local school wellness policies. Mr. Gaskins stated that all school districts must meet the requirements of the federal regulations by June 30, 2017. He stressed that the local wellness policy was a requirement and the wellness plan was recommended. RISD has already developed a wellness plan that is "less broad" than the wellness policy. On February 25, 2016 the wellness plan was reviewed and updated with SHAC members. On May 27, 2016 a district needs assessment group got together and drafted possible wellness plan goals to be added, once approved, to the plan. Once the wellness policy is adopted and accepted, the current wellness plan will be adjusted to harmonize with the new policy provisions. Once the wellness plan is harmonized and approved, along with the wellness policy, it will be communicated to all staff, students, and community. The SHAC recognizes that all district policies create a framework to provide direction and guidance to administrators, staff and students. And that all polices serve as sources of information for parents, community members and others who are interested in or connected with the school district. The process of developing, revising and implementing a wellness policy is cyclical and ongoing. SHAC recognizes that revisions are not only based on SHAC recommendations but may be required periodically due to changes in federal or state law.

Other Business: A Healthy Snack option list was distributed, by Emilee Cox RN, for review and approval by the SHAC members. After review, Mrs. Twyla Thomas called motion to approve with Mr. Jack Gaskins providing the second. Healthy Snack option list approved. The list will be distributed to all elementary students for take home and will be put on the district website for parental viewing. Mary Martinez RN discussed how Dr. Amy Kirkpatrick had come on 09/14 and 09/21/2016 and did vision screening on required students. Mary mentioned that she and Emilee had also completed the required hearing and Acanthosis Nigricans screenings, along with having started the required height and weights needed for the FitnessGram report.

Next SHAC Meeting: November 17, 2016

Meeting Adjourned: @ 06:12 PM

