

Wellman Union ISD School Health Advisory Committee (SHAC)
Tuesday, May 30, 2023 @ 9:30am
Minutes

1. Welcome
2. Call to Order – Bridget Brown called the meeting to order at 9:38 am.
3. Review Minutes from previous meeting – Bridget reviewed the minutes.
4. Old Business
 - a. Completion of Fitness Gram – All 3rd-12th graders completed this and Coach Bailey submitted the information.
 - b. Seniors completed CPR – Completed on May 8th.
5. Updates from Nurse
 - a. End of year submissions – Mrs. McCrary has made sure all things are in compliance and all students are up to date with their shots.
6. Updates from Counselor
 - a. Character Strong – Megan Becker went over our new mental health curriculum that will be used this next school year. It will cover SEL, tier 1 services, universal screener, tier 2 services, and has parent resources. We will continue to refer students to MHMR and CATR for tier 3 services.
7. Updates from Child Nutrition – Penny Crowley reviewed our mandate waiver for the summer feeding program. Students have the opportunity to take part in the programs at Brownfield ISD and Seagraves ISD.
8. Discuss Health Curriculum – Bridget reviewed our Wellness Plan. She discussed our junior high health curriculum. At the CTE Advisory Council meeting on May 24th, our business representative questioned if we offer sex education for students. This was mentioned in our meeting. Jerry Smith said that if we do this, it needs to be in appropriate groups and clear communication with the presenter about what is age appropriate. Mr. Wheeler said there would need to be an “Opt In” and “Opt Out” option for students/parents. The group agreed that it would need to be a speaker instead of being part of a health curriculum.
9. Schedule Next Meeting (End of July or beginning of August)
10. Adjourn – Bridget adjourned the meeting.

Wellman Union ISD Wellness Plan

In accordance with local policy (FFA LOCAL), the SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring the implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary. A Wellness Policy Triennial Assessment will be completed at least every three years.

The District establishes the following goals for **nutrition promotion**:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings

Strategies: Signage in cafeteria to promote healthy nutrition messages

2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Strategies: Newsletters posted on website

The District establishes the following goals for **nutrition education**:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Strategies:

2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Strategies:

The District establishes the following goals for **physical activity**: