

Minutes for SHAC Meeting  
November 29, 2017  
12:00 pm

Members in attendance: Aaron Waldrip, Penny Crowley, Barrett Brown, Bridget Brown, Kelli Hesse, Ashley Waldrip, and Blake Crowley

Aaron Waldrip started off the meeting by greeting everyone and welcoming them to the second SHAC meeting of the 2017-2018 school year.

Mr. Waldrip distributed the Wellman-Union ISD Wellness Plan draft to each of the members, and the committee reviewed the plan.

Under the nutrition promotion strategies, Ashley Waldrip suggested signage in the cafeteria and gym promoting healthy nutrition. Bridget Brown noted that the cafeteria provides daily fruit and vegetable servings, and that the students learn the lunch serving requirements. Kelli Hesse recommended continuing to publish breakfast/lunch menus on the district website and provide nutrition labels to parents upon request.

Under the nutrition education strategies, it was noted that elementary students are provided nutrition education through PE and in the Pre-K guidelines/TEKS. There was discussion on whether the district needs to bring in a health class for secondary students, but the unanimous decision was that a health program, not an entire class, would be sufficient. Health education programs are to be researched and brought back to the committee for further consideration.

Under the physical activities strategies, Mr. Waldrip suggested that there may be an opportunity to incorporate physical activities during lunch and 9<sup>th</sup> period. Zumba, open gym, aerobics, were among a few of the suggested ideas. Mrs. Brown suggested talking to the staff about the possibility at the next staff development, and bring ideas back to the committee. It was also recommended to have teachers who are currently using Go-Noodle brain-breaks in their classrooms to share with other faculty during staff development. Mr. Waldrip noted that the district currently encourages student, staff, and community use of district facilities for physical activity. 24-7 track availability, weekly open gym, open playground.

Under the other school-based activities strategies, Mrs. Brown noted that the district meets state requirement of 20 minutes to eat breakfast and lunch. Activities were listed to promote employee wellness including Zombie Run (1 mile/5k), Cornhole Toss, physical games during staff development, Morning Bootcamp, and LabNow to provide well-checks.

The committee discussed what the district is currently doing to address:

Drug Awareness - Things mentioned were the Drug Dog through Brownfield Police Department, UMC Neids Nurses Presentation on December 6, 2017, and education through the PE curriculum.

Sex Education – Things mentioned were Kelli Hesse providing 4<sup>th</sup>/5<sup>th</sup> grade Girls talk (puberty and hygiene) and Roger Chase providing 4<sup>th</sup>/5<sup>th</sup> grade Boys talk. Deodorant and bathing to be addressed in PE by Coach Waldrip. Taiya Jones presenting to all levels and parents (sex ed and online safety).

Bullying – Counseling Sessions/Class talks by Mrs. Becker. Survey students to determine their perception of bullying and safety in the district.

Meeting adjourned.