



Keller Independent School District

School Health Advisory Council Meeting

Meeting Minutes

September 29, 2016

The School Health Advisory Council met on September 29, 2016 at 8:15 am at the Education Center. There were 17 members present. The council had an opportunity for introductions and then selected a parent co-chair for 2016-17- Maria Wang.

Cindy Parsons provided a brief overview of the role of the SHAC and made copies of the School Health Advisory Councils: A Guide for Texas School Districts available.

Wellness Policy Discussion:

- Minutes from June 2016 SHAC meeting reviewed
- Summary of Final Rule of Local Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010 reviewed
- Overview of district guidelines regarding Nutrition Standards for All Foods Sold in Schools - Competitive Foods and Fundraising- district is currently working on goal/timeline to fully implement by January 2017. School day was defined as midnight before start of day to 30 minutes after the end of the official school day.
Competitive Foods- all food and beverages sold to students on the school campus during the school day. Smart Snack Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.
- School Celebrations were discussed- SHAC recommended that food items be store bought and have nutrition labels attached. SHAC would also like to encourage campuses to promote non-food items.
- Lauren's Law discussed- SHAC recommended that food items be store bought and have nutrition labels attached. SHAC would also like to encourage campuses to promote non-food items.
- Smarter Lunchroom (Evidence Based Research) Assessment results were provided- out of 100, KISD scored 74. Areas of improvement SHAC discussed included students involvement (putting artwork in cafeteria, student groups modeling healthy eating behaviors, Teachers/Administration announcing what is on the menu, etc)

The SHAC discussed Food Allergy Student Education- Health Services is working to implement by spring 2017.

- Possible presenter to engage students
- Be A Pal Program, Food Allergy Research and Education materials
- KISD Nurse developed program
- Training for Adults regarding cross contamination when opening food items in cafeteria. A recommendation was made to install a handwashing station in every cafeteria for students, staff and volunteers to wash hands. Sodexo stated that there is a washing station in each cafeteria that staff and volunteers could access (in schools built less than 15 years ago).

Department Updates:

- Health Services- fully staffed, currently working to implement pilot program Telemedicine with Cook Children's, Standing Order Stock Epinephrine on all campuses
- Employee Benefits- discussion of wellness opportunities currently available at campuses for employees, KWOW Award, Health Fair- Oct 22 at Timberview Middle
- Physical Education- provided an overview of "What is Happening in PE"