



Keller Independent School District  
School Health Advisory Council Meeting

Meeting Minutes

November 17, 2016

The School Health Advisory Council met on November 17, 2016 at 8:15 am at the Education Center. There were 17 members present. Introductions were made.

Carrie Simmons provided information from CDC regarding Evidence Based Research regarding the benefits of physical activity. Children need at least 60 minutes of activity per day. Children should be encouraged to shut down electronics and have more movement and play throughout the day.

PE Subcommittee was discussed regarding ways to get gets physically active outside of PE, sports and recess. Parents, Lucky Denenga and Lesha Flanigan, volunteered to be on PE sub-committee with Carrie Simmons.

The council discussed the Wellness Policy:

Wellness Policy Discussion:

- Summary of Final Rule of Local Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010 provided
- Proposed revisions to Wellness Policy reviewed and discussed. Council was supportive of policy as proposed.
- Proposed updated Wellness Plan reviewed and discussed. Council supportive of plan as proposed.

The proposed recommendations from SHAC regarding the Wellness Policy and Plan will be shared with district administration.

Department Updates:

- Employee Benefits- Sheri Rich discussed programs currently being implemented for employees- Maintain Don't Gain is running throughout the holiday season.

- PE- Carrie Simmons talked about the Jan 21<sup>st</sup> day challenge that will be implemented through PE- partnering with Kcal. K-4- cook book will come home, parent logs in and kids assist in cooking recipes with healthy ingredients. Parent takes a survey at the end of the program.
- Health Services- Cindy Parsons discussed the annual Diabetes Walk, which will be held on April 1, 2017. The theme will be Diabetes, It's NO JOKE.

The meeting adjourned.