

McKinney ISD School Health Advisory Council

Meeting Minutes January 10, 2019

Attendance: Jennifer Akins, Megan Ball, Jean begala, Julie Blankenship, Rebeka Ecker, Nikki Henderson, Lauren Hickman, Sonja Harrison, Karin Klemm, Megan Rasberry, James Shoemake, Danielle Stewart, Kenneth Ussery, Christy Giddens, Stefani Lackey, Jason Vickery

Called to Order: Meeting called to order at 12:21pm by Julie Blankenship. This is a working lunch meeting with lunch provided by Aramark Food Services, presenting foods that our students are offered.

Approval of Minutes: The October 11, 2018 meeting minutes were reviewed. Megan Rasberry made a motion to approve and Sonja Harrison seconded that motion. Minutes were approved as written.

James Shoemake open the meeting by presenting some of the more popular food items across the district. Food bowls, similar to those offered at KFC. Chicken drumsticks with a whole grain breading, baked, not fried. Also, a chicken chili served in a Doritos chips bag. "Walking Taco"

Danielle Stewart spoke about the success of the Fuel Program. This focuses on trying new foods to help increase variety. Spicy Southwest Chicken Chili with black beans, Walking Tacos, Kickn' chicken french fries which are actually made from cauliflower, have been largely successful with the students. Showing that how something is presented and called, can make a big difference. Food Centered promotions help to also increase variety. Annual PACK Week is coming up soon, this is always a favorite with our elementary campuses. Potato Bar is also very well liked. Pop-ups are like satellite stations at the High Schools where they have a very specific food items to try and get attention and increase number of kids that will try new foods. Coming soon is a Ramen bowl.

Lauren Hickman stated MISD is having a State TDA audit this spring to ensure compliance of state and federal guidelines. The new USDA updates have been released and will formally be in effect this summer. MISD is already in compliance and will continue to follow our current standards which are above the new slightly relaxed rules. Whole grains have been reduced to 50% from 100% which have helped in the waste of some products that do not hold up well when 100% grain such as pasta and tortillas. MISD still strives to use 100% whole grain foods whenever it does not comprise quality and effective utilization of a product. Sodium level restrictions have been pushed out to 2024 for full compliance. USDA have again OK the use of flavored milks as long as they are low fat. Lauren spoke about Commodities, which are donated foods from the USDA which helps to keep costs down. MISD utilizes these foods especially the fresh fruits and

vegetables. Aramark for MISD works with such manufactures as Tyson, Land O' Lakes and Otis Spunkmeyer. The USDA provides high quality fruits and vegetables. Aramark is continuing to advertise their website, www.mckinney.schooldish.com There are many resources available to parents, students and staff on this site. One new feature is the product menu filter. This allows you to find food items that contain a specific food item. Such as eggs when trying to avoid egg for an allergy.

Karin Klemm gave an update on the 180 degree program. The program was piloted at Boyd High School health classes with very good feedback from teachers and students alike. The presenter is very open and has a very wide base of knowledge and has a great way of answering and interacting with the students on the difficult topic of sexual education. This program really brings to the forefront that abstinence is the only 100% guaranteed birth control method. This program will also ensure continuity across the district on material, questions answers and subject matter covered. Despite a curriculum for teachers to follow, the subject matter and questions asked by students still create sensitive matters for some teachers and this program taught by an independent company removes all the sensitivity issues our teachers face on this subject. Rebeka Ecker made a motion to pass the 180 degree program for all high school health classes and Jennifer Akins seconded that motion. All were in favor and the program has been accepted by the SHAC to go before the board for final approval.

Jennifer Akins gave a brief update on the EVERFI program, an on-line substance abuse program to be incorporated into our curriculum. Technology is still working to get it integrated with our Canvas program. Once that has been done, we can go live with it. Likely going to be rolled out for the 2019/2020 school year.

No new topics were brought forward and our next meeting will be May 9, 2019 at Central Office 6:30-7:30pm.
Meeting adjourned at 12:56pm

