

McKinney Independent School District
School Health Advisory Committee Meeting
September 9, 2021

Attendance: Jean Begala, Shanna Garza, Philip Hassler, Marian Guinn, Valerie Lengel, Beth Lessner, James Shoemake, Melissa Silva, Jason Vickery

Meeting opened by Julie Blankenship at 6:40pm

Minutes from the May 6, 2021 meeting were reviewed and a motion made by James Shoemake to approve and Valerie Lengel seconded the motion.

Julie stated we needed to look at the Wellness Policy, which is posted on the MISD website.

Wellness Policy needs to be evaluated every 3 years.

Julie opened the policy on the computer (large screen) so all in attendance can see. She highlighted the sections that were addressed with updates. Julie stated much of the information is gathered from each campus' coordinated health teams, their documentation submitted each year to the district showing what they do at the campus level to achieve the goals set out by the campus, the district and TEA to meet coordinated health rules.

Starting on page 4 - Party days language has changed. Changes are marked on the policy document (in red). Party days cannot compete with regular school meal services. No homemade treats for birthdays and parties, which help with allergies and diabetics. Menus are readily available to parents both on the MISD website and in paper copy on each campus so parents can make informed decisions about meals offered at school. The Health Whys newsletter is sent to each staff member and healthy food posters are hung on campus walls and hallways to encourage good habits with students and staff. Other healthy eating habit promotional programs such as PACK WEEK, which promotes eating foods of the color of the day. PACK WEEK is scheduled for one week each spring. Taste it Tuesday is a promotion designed to trying new fruits and vegetables on a scheduled Tuesday throughout the year while highlighting the nutritional value of that food.

Physical Activity – Mandatory state laws exist for PE requirements but recess and other physical activity are not state mandated and are regulated by the district. Campuses have done a variety of different activities that incorporate families, which help promote physical activity for all family members and give parents ideas for fun physical activities to do at home.

Staff Development for mental and physical health – a Canvas Course was developed for staff to use on their own time. Other staff programs offered by Fitness for Life and

American Red Cross are offered to staff in a variety of formats for information and encouraging healthy habits. Varieties of adult vaccines are offered at each campus in the fall. Many staff members take advantage of this time to get flu shots and other needed vaccines to maintain health. Drug awareness with Red Ribbon Week is part of each campus' curriculum. Campuses use a variety of programs and fun ways to promote Drug Free lifestyles. The Crape Myrtle Run which is done by the City of McKinney is also promoted and encouraged by MISD as a fun way to get staff, families outdoors and participate in a fun physical activity.

State specific regulations – The state of Texas has wellness policies that are way above the national standards. MISD has numerous courses that are aimed at health, mental health and physical health careers.

Coordinated Health Teams on each campus have meetings throughout the year to update, evaluate and create new ways to deliver curriculum lessons, campus specific family events and other promotional wellness events.

MISD includes the Life Threatening Allergy (LTA) Policy in the Wellness Policy to coincide with food in the classroom and nutrition services to show how students with LTA are protected while on campus.

Health Textbook Adoption Year. Karin Klemm is getting the rubric together to show SHAC. Will discuss at next meeting.

New Texas Public Education Act states SHAC meetings need to be recorded. Julie is waiting for the law to be passed before MISD SHAC meetings are recorded.

Julie introduced Marian Guinn as the new SHAC secretary.

The next meeting is scheduled for October 7, 2021 at 6:30pm at Central Office.

Meeting adjourned at 7:37pm