

School Health Advisory Committee (SHAC) Minutes –

Meeting January 17, 2018

Meeting was called to order at 4:06 pm. There were 7 members present, along with 2 guest speakers, Ms Tina Stevens with the Millsap Child Nutrition Specialist, and Ms. Lee. Introductions were made to first time members. There was an amendment made to the bylaws stating that SHAC meetings were to be held at Millsap ISD, and not Millsap High School, and it was accepted, so SHAC can now meet anywhere on Millsap ISD campuses. SHAC brochure is being finalized and will be ready soon. It was suggested that SHAC brochures are handed out during registration at the beginning of the school year.

Pure Truth was confirmed to come speak to the High School Students in March. Brian Holman will be at the middle school and high school February 6.

We went over the Millsap ISD Wellness Plan. Ms. Stevens spoke to the group about how the nutrition of the school district is always changing for the better. They are always looking at how the students eat the food, and what they don't eat, and make changes to better fit the students. Each campus is allowed 6 "flex" days where they can sell non Smart snacks. All snacks sold any other days have to be within set guidelines. Visit the website www.foodplanner.healthiergeneration.org/calculator to check the nutrition of your snacks. Ms Stevens tries to fit the students meals within guidelines given by the government, but also making sure the students will eat the food.

When students have special dietary needs, when they input their lunch numbers, it will pop up on the screen if the meal has something in it they can not eat. Ms Stevens and her team work hard to keep our kids healthy and safe!

Elementary opened a second line in the cafeteria to speed up lunch lines. Each student should have at least 10 minutes sitting down with their tray in front of them, and this second line helps with that. High School added a third lunch time, now with A, B, or C lunch.

Texas has a law called the "No Shaming Law" meaning no child will be embarrassed if they don't have the funds to eat lunch that day. There are options for students whose parents can not afford lunches every day. There are free lunches and reduced price lunches. Those options can help the school district if enough families that qualify will register for it. The school lunch menu is posted monthly. Nutritional information is posted for each meal. There are never Trans fats or Saturated fats in any meals. Water bottles are allowed in any classroom at any time.

Dr. Troy Gates, MD and his wife Mrs. Juliana Gates, BSN, RN offered to teach fifth graders CPR. It would be a no breath CPR. SHAC members had lots of questions about this, so we requested they come to our next meeting in March and speak to the group.

Meeting was adjourned at 5:38