

## **SHAC Minutes**

April 5, 2010

4:30-5:30p.m.

Central Office Board Room

**Members Attending:** Tracy Biediger, Abby Bishop, Shannon Boggan, Marie Brown, Lynn Bullard, Bridget Cobb, Tony Comuzzie, Angela Fielder, Wendy Hartson, Dona Henslee, Kathy Johnson, Sandi Killo, Mary Meckel, Elizabeth Moreno, Sandra Radtke, Cheryl Rayburg, Heather Thompson, David Uecker, Sharon von Rosenberg, Clarissa Wilkins, and Sheralyn Wood

### **Proceedings:**

The meeting was called to order by Tracy Biediger. New members and guest were welcomed and introduced to the committee.

**FES Campus Wellness Update:** Wendy Hartson discussed Fabra Elementary School's focus of their newly formed Wellness Committee which consists of 6-8 members. They are working toward a grant that would provide future playground shade structures and, to that end, have recently implemented a Sun Safety program encouraging students to wear hats during recess. Teachers are showing DVD's to students to help them become more educated on safety in the sun. Tracy Biediger added that all schools might want to think of a theme during field day activities and encourage students to wear hats and sunglasses.

### **Summary of SHAC Sub-Committee Reports:**

**\*Drugs and Alcohol:** Heather Thompson discussed the "Social Norms Campaign" currently going on at BHS which operates under the premise that our behavior is based on what we view as normal. Based on a survey, there is a large percentage of the student population not drinking and that needs to become the focus. Twenty-one students are participating in "Majority Rules" and coming up in June, many student scholarships have been given out for these students to attend the Extreme Youth Leadership conference at Schreiner University. Heather talked about next year the big focus would be organizing "Shattered Dreams" for both high schools.

**\*Nutrition:** Tony Comuzzie reported that this sub-committee continues to look at different types of beverages currently being offered through BISD vending machines. In addition, the committee is looking at how meals are offered and sold, as there continues to be a stigma for those in the "hot lunch" line. Sharon von Rosenberg and Cheryl Rayburg recently visited with Northside ISD's Director of Food Services to see how he was marketing and adjusting the schools' cafeteria programs. Having a larger budget than BISD, NISD has made significant changes on secondary campuses by making all lunch lines the same. The focus is on presentation and quality where students are encouraged to take cups of fresh fruit, vegetables, and salads and to package 'value meals' so that students receive a discount for taking items that comprise a reimbursable meal. Benefits noted from NISD include the following: fewer seniors leaving campus, healthier options for students, and more staff members eating from the food service menu items. To implement a similar program, BISD would need to increase cafeteria staff at the secondary campuses needed at all of the serving lines.

**\*PE and Physical:** Sheralyn Wood shared the list of information (attached to the agenda) gathered from BMSN and Kendall Elementary School that offer ideas to teachers to encourage/increase movement in the classroom. Sandra Radtke added that this was a start on what is already occurring on campuses and invited campus principals to add to this list. For example, United Streaming Web site has great videos for movement ideas during "rainy day recess" time. Tony Comuzzie emphasized how important it is for our schools to encourage unstructured physical activity with students as well as the structured physical activity.

**\*Family and Community:** Jane Bujnoch was not able to attend the meeting. Tracy Biediger commented that this committee continues to do good work with the publication of "Monthly Banter" and will be working on an article for the local newspapers at the beginning of the school year letting folks know about the BISD SHAC committee.

**BMSS FCCLA Project Presentation:** Kathy Johnson gave a presentation on her FCCLA project, “Be A Star”, which focuses on helping students have positive self-esteem. Student activities were developed that address five identified areas related to self-esteem: Creativity, Acceptance, Determination, Being Positive, and Relaxation. She provided activities for different area organizations, such as Girl Scouts, and will be leaving this Wednesday to present her project at a state meet. Good Luck, Kathy!

**Planning for 2010-2011:** Tracy Biediger asked SHAC members to complete a survey before the next meeting and the results will be used to identify committee chairs, as well as vacancies to be filled. Tracy also asked if anyone had ideas or names for students that might like to serve next year on this committee.

**Next SHAC Meeting is scheduled for May 3, 2010 at BISD Central Office.**

Respectfully submitted by Sandi Killo, SHAC Secretary