

SMYER ISD
WELLNESS/SHAC COMMITTEE MEETING MINUTES
September 1, 2021

Smyer ISD Wellness/SHAC met on September 1, 2021. The following committee members were in attendance: Shari Blount, Summer Stracener, Tony Igo, Shelly Locke, Micah Oliver, Kelly Gilmer, Lisa Roberts, Jo Hodnett, Mike Schaap, and Shirley Pearce.

The committee reviewed the previous wellness plan/minutes from the previous meeting. Goals met were providing physical activity and daily recess for elementary students. Nutrition was promoted through nutrition posters in the cafeteria. Nutrition standards were met with offering a nutritious breakfast and lunch being served in the cafeteria daily, following USDA and TDA guidelines to all students, at no charge. Members from different representations were present.

Summer Stracener, RN, reported there are new guidelines per new State legislation requiring the agenda for all meetings of the SHAC committee to be posted 72 hours prior to SHAC meetings. The agenda for this meeting was posted online on 8/27/2021 by Mr. Wade. Last year's meeting minutes and the updated wellness plan for the school district were presented to the school board by Summer in May 2021 and were accepted by the school board. The new and updated wellness plan and all minutes from last year's meetings are now available to the public on the school's website, as per State law.

The committee agreed that a push for new members of the SHAC committee from the community, staff, parents not employed with the school district, and students would be beneficial for the committee and allow us to diversify. It was unanimous that Summer will reach out to the community via notes sent home to parents/and or social media, to find more family and community members to be involved with the committee.

The new school counselor, Jo Hodnett, was introduced to the committee. She is beginning her first year at Smyer ISD. There were no new updates from her office at this meeting.

The new high school principal, Mike Schaap, was introduced to the committee. He has been with Smyer ISD for over 20 years and has now stepped into this new role. There were no new updates from his office at this meeting.

Kelly Gilmer and Lisa Roberds, with A+ Foodservice, gave a joint report on the cafeteria and nutrition services. They reported there are two new ladies working with Kelly daily in the cafeteria, with plans to add a third next week. There are new food items this year on the menus. They report, along with staff and parents in agreement in the meeting, they have received wonderful feedback from students and staff about the changes and improvements in the menu thus far. Kelly reports children have been seen taking pictures of their food and sending it to their parents saying they wished they could have this food at home, it is so delicious. Kelly reports they are happy to have the children back in the cafeteria for breakfasts this year. She states they are planning on a Thanksgiving Feast again this year, with parents/grandparents being allowed to come. More details to come in the next meeting.

Mrs. Locke provided an update on physical education. She serves Pre-K through 4th grade students, and she stated she will be implementing all requirements of the State for PE. She states 5th graders now attend athletics with Coach Nichols, which is a change from last year. 6th grade reports daily to Coach Nichols as well. She states the state's Physical Fitness Assessment Initiative, previously known as "Fitness Gram", will be completed in the spring semester of the school year.

Summer Stracener, R.N., school nurse, reported we are continuing to follow guidelines for COVID-19 provided by administration, including hand sanitization, and screenings from the nurse on sick children, sending them home if they have any symptoms of illness. Parents and guardians are continuing to be asked to keep their children home if they are running a fever or have any symptoms consistent with COVID-19. Parent screenings at home before sending students to school are helpful with family/community involvement for the health of our school. Rapid COVID testing may still be performed in the nurse's office at any time a need arises for all staff and students. A new addition this school year from the State, is that siblings living in the same household with someone that is COVID positive may continue reporting to school but must receive a rapid antigen test in the nurse's office every morning and will be sent home if found to be positive. If they are feeling ill at home, the parent is asked to keep the child home and schedule a test with the school nurse. All COVID guidelines and school nurse's office protocols may be found on the SISD website.

Summer Stracener, RN provided an employee health update, stating she continues to screen employees for symptoms of illness. She reports the Covenant Wellness Bus will be coming on campus November 5th for all staff that would like to participate. This is a workday for staff, no students will be on campus. The cost is free for staff carrying the school's insurance. The screening includes a check with a nurse on vital signs, blood

work, urinalysis and an EKG if necessary. This is a health screening, and all information will be provided to those who choose to do the screening, so that they may take the results to their doctors if wanted. The Lubbock Health Department was on campus today to complete the 2nd dose of a community wide COVID-19 vaccination clinic. Summer will set up a Flu Shot clinic for all SISD staff wanting to get vaccinated against seasonal influenza. The date is TBD, and the clinic will be for SISD staff ONLY.

The school nurse, Summer, reports that for health education, she will continue dental, hygiene and puberty education, per requirements, throughout the year. She is working with administration currently to update programs that will be utilized across the entire district. They are ensuring to find updated programs that will allow the district to remain compliant in what the State requires. The committee discussed finding traveling programs for the school to possibly invite, for health/safety education for the students. Examples discussed were anti-bullying programs, Jeanie Brown with the anti-texting and driving program, and Shattered Dreams. The committee was going to investigate more programs to suggest and bring ideas to the next meeting.

The committee unanimously agreed on setting future dates for the remaining 3 meetings for the 2021-2022 school year. (Dates are subject to change). Meetings will continue to be Wednesdays at 3pm but will be in the cafeteria from now on to allow for more space if we are able to add more members. The future dates will be: **10/6/2021, 12/8/2021, 2/2/2022.**

No more questions or comments were presented. The meeting was adjourned at 03:30pm.

Summer Stracener, RN
School Nurse- 06.01.2021