

**Northside Independent School District
San Antonio, Texas 78238**

Regular Meeting of the School Health Advisory Council

November 8, 2012

5900 Evers Rd.

6:30 PM

Meeting Minutes

- Call Meeting to Order – Bryce Chatland, Chair
- Members Present: Rita Avendano, Christina Carmona, Bryce Chatland, Robin Clark, Lisa Delgado, Alice Fiedler, Jennifer Krueger, Suzanne Levan, Lydia Martinez, Michele Maxwell, Carol Pett, Rob Phelps, Ricardo Ponce, Heather Ruth, Linda Seewald, Kathy Shields, Donna Smith, Jeff Stivors, Dennis Ann Strong, Nicole Townsley, Thomas Wherry.
- Invocation and Pledge of Allegiance – Bryce Chatland
- Chair's Report
 - Council reviewed and approved minutes from October 25, 2012
 - Election of Chair Elect and Parliamentarian
 - Nicole Townsley nominated and elected to be Chair Elect
 - Kathy Shields nominated and elected to be Parliamentarian
 - “What’s On Your Mind” Share Session
 - Nicole advised Council members of the Texas School Health Association Annual Conference scheduled for January 25th-26th and encouraged Council members to attend
 - Jeff Stivers advised Council members that NISD will be hosting the Mayor’s Fitness Council Healthy Schools Summit on January 18th at Northside Activity Center
 - Margo Wootan from *Weight of the Nation* will be the keynote speaker.
 - Donna Smith of the Council of PTAs Board advised Council member regarding the Council of PTAs’ role as the liaison between the State PTA and local PTA boards
 - Council of PTAs Board distributes a general newsletter 5 times per year to local PTAs.
 - Council of PTAs Board can also send an e-blast to local PTAs
 - Council of PTAs is focusing on healthy lifestyles
 - Distributes a monthly newsletter to local PTA boards regarding healthy lifestyles
 - Covers many different issues: nutrition, family activities, allergies, etc.
 - SHAC Council members were asked to consider educating PTA members about SHAC through this newsletter

- SHAC Council also discussed the feasibility of Fun-runs or Walk-A-Thons as a healthy fundraising activity for schools
 - District Facilitator Report
 - Cynthia Thomas will no longer be able to serve on the Council
 - TEA Sunset Advisory Commission relevant to Fitnessgram (See Handout)
 - Sunset Commission has recommended the elimination of the physical fitness assessment report required of TEA
 - Safe Routes to School Grant ending in December 2012
 - Healthy Start: Food, Fitness, Fun Grant (See Handout)
 - Physical Education Program (PEP) grant
 - 3 year grant designed to improve physical and nutrition education programs in the elementary schools
 - Learning Tree is focused on the family involvement component
 - Will provide 12 weeks (at 3 times per week) of workout activities for families of Learning Tree campuses
 - Locations will rotate throughout the district
- Noted that there is a change to the PEP grant description provided to Council.
- Learning Tree sites will implement a Fit Family Fun Program (not a Fit Family Life Program)
- Implementation underway.
- Hiring of personnel is underway.
- Presentation (Informational)
 - Wellness Policy Update
 - Council was provided copy of Wellness Policy. Policy includes discussion of:
 - Nutrition Guidelines
 - Nutrition Education
 - Physical Activity programs
 - School-based Activities
 - Health Education
 - It was requested that item #2 be corrected
 - Health Services
 - Guidance and Counseling
 - School Facilities
 - Monitoring and Implementation
 - Wellness Policy will need to be revised to incorporate statutory and TEA changes
 - Changes will include enhancing parent and teacher involvement as well as enhancing the evaluation component.
 - Board Nomination Policy
 - It was suggested that SHAC incorporate a requirement where each member of the NISD School Board shall appoint one parent

member and one community member, each of whom must reside in the District of the appointing Board member

- This is in the progress of being developed
- Goals
 - Suggested that the Council consider developing a strategy in regards to identifying goals
 - Perhaps develop a 3 year plan
 - Discussed utilizing the Wellness Policy as a guide to developing a strategy
 - Discussed strengthening the language in the Wellness Policy to encourage support of mental health/behavioral health
 - Question was posed regarding how parents can access existing NISD policies
 - Parents can access policy information by navigating through the NISD Board link
 - It was noted that there will be changes to the NISD website and there are discussions regarding easing accessibility to resources for parents
 - It was concluded that two activities could be derived from the above discussion:
 - Wellness Policy Update
 - Identified members for that committee
 - Rob Phelps
 - Bryce Chatland
 - Donna Smith
 - Suzan Levan
 - Rita Avendano
 - Michelle Maxwell
 - Carol Pett
 - Thomas Wherry
 - Kathy Shields
 - Linda Seewald (advisor)
 - Meeting will be scheduled.
 - Accessibility of District-wide Information/Resources for Parents
 - aka Parent Resource Committee or Health Promotion Committee
 - Discussed supporting district efforts to develop a parent resource on the NISD website
 - Proposed providing feedback regarding what challenges are experienced by parents when trying to navigate the district website
 - Emphasized the importance that Council should focus on those areas that are relevant to SHAC responsibilities

- Discussion ensued regarding the considerations that must occur regarding conveying District information
- Committee Chair's Report
 - Discussion of standing committees
 - Campus Assessment
Committee will be disbanded
 - Sexuality Education
Committee will meet as needed
 - Jeff Stivors (Chair)
 - Rob Phelps
 - Rita Avendano
 - Donna Smith
 - Michelle Maxwell
 - All remaining members
 - Student Recruitment
It was discussed that this will be a priority for SHAC.
Members of the committee include
 - Bryce Chatland
 - Heather Ruth
 - Christy Rupp
 - Legislative
Committee will be disbanded
 - Health Report Card
Will transform into Parent Resource
 - Wellness Policy
See above
 - Board Nomination Policy
Committee will be disbanded
 - Other
- Members' and Advisors' Reports
 - N/A
- Adjournment

NEXT REGULARLY SCHEDULED MEETING ON January 17, 2013

