

## 2022-2023 North Zulch I.S.D. - School Health Advisory Council (SHAC) Meeting Minutes- 03/01/2023

Mrs. Lucherker took attendance and advised the group that this meeting will be recorded and posted to the website. Meeting started at 1:30 p.m.

### Individuals in attendance:

Mrs. Robin Afshar, Parent  
Mrs. Alice Kirk, Parent  
Ms. Kori Batten, Counselor/Safety  
Mrs. Jennifer Beal, Cafeteria Director  
Mrs. Casey Lucherker, Campus Nurse  
Mrs. Janie Pope, Elementary Principal  
Mr. Kevin Compton, High School Principal  
Mrs. Leanne Andrus, Curriculum Director  
Payton Brown, High School Student  
Daniela Medicaid STAR program  
Jennifer Chapman, Grimes Co. Food services director

### Department Updates:

- Mrs. Andrus reported a sub-committee will be created for review of approved curriculum requirements per new state mandates and presented to SHAC committee at next meeting.
- Mrs. Chapman-Provided information and materials about menu patterns that must be followed for breakfast and lunch-board approved wellness policy –NZ wellness policy and wellness assessment tool utilized. Smart snack rules, the guidelines for snacks for students. Assessment is due this year, pass was received last year due to COVID. Mrs. Kirk advised of an updated wellness tool assessment per TASB updates and adds another component as of last year, she will research and share new updated assessment tool. Food services required to have latest SHAC invitation and updates and post it on website. Breakfast and lunch meal pattern provided and changes reviewed. More difficult to get students to eat, more restrictions being added, restricting salt and sugar, ketchup and ranch dressing will be removed. Comparable to a diabetic diet in the hospital. Labatt is NZISD's food service vendor.
- Health services- Approved for free Narcan, being processed, waiting on further information.
- Medicaid Star Services- Daniela, Medicaid managed care-case mgmt. and transportation have improved for families, provided handouts for resources.
- TAMU health science center: mental health program for 8<sup>th</sup> graders: YAM "Youth achieving for mental health"-5-45minute sessions provided. National Alliance for Mental Health-staff training and will provide training for 10<sup>th</sup>/12<sup>th</sup> graders, trying to incorporate into schedule and include more age groups, provided during school day hours.

### Review of Yearly Goals from previous meeting

-(short-term goal) Implement signage in cafeteria RE: foods/meals for increased communication, have greater availabilities of "hot meals"-more signage posted on both doors and in serving line, better flow of students, less crowded

- (in progress) Free Meals/Second Chance Breakfasts: Many students utilize the later breakfast option, if arriving late or arrived early for morning practice. NZISD is currently offering the “Shared Table”; leftover fruit/pre-packaged items from meals are placed on a stand-alone table.-Students have multiple choices and choices change daily.
- (future goal) Afternoon Snacks for elementary students: Elementary lunches are early and then students complete PE and recess, by the afternoon students are needing an afternoon snack. Will assist in the mental health and well-being of students. Working on a grant via Oliver Grant Foundation, sub-committee formed.
- On-site flu & shot clinic for staff and for students prior to registration to ensure all student are up-to-date and have access to vaccines (working with Aurora Concepts for 6<sup>th</sup>/12<sup>th</sup> grades can receive required immunizations, with fall registration elementary students can catch up or receive required immunizations)
- Staff stress relief: sub-committee to be formed-work with National Honor Society, staff/student step challenge. Mrs. Kirk reported per PTO- a breakfast and lunch will be provided at teacher appreciation in May. Supporting Teacher Pay Teacher as a staff/teacher resource, provide an electronic gift card to staff members. Projects include “quick recess” tools for recess activities. Short term fix to provide 16 physical activity kits, developmentally appropriate, easy to move container. Can be utilized for brain breaks, in the classroom, or indoor PE/recess activities. Goal to have classrooms receive kits after spring break. Long term goal to support actual playground. Looking into grant opportunities for outdoor play space with appropriate variety for all ages. Working with Mrs. Dill to put together “dance, duds, den” for upcoming prom. Many dresses, accessories, men’s attire donated-established March 11 after 5K fun run for students to find prom dresses and accessories or men’s attire so all students have opportunity to participate in prom despite finances. Clothing closet being established for all students to be able to utilize, in central location. Have student participation in organizing and directing, use as leadership opportunity, community service, or business model. Partnering with FCCLA or NHS. Family/Community event offering more skills or demos.

Annual report to school board to be provided to school board. Once power point presentation completed, to be added to school board agenda and present.

Student input: students enjoying second breakfast, to visit with others to establish opinions or concerns, possibly creating area in courtyard for class time or lunch, can use as reward/incentive.

Next Meeting: Set for Wednesday, September 20, 2023 at 1:30 p.m. (only two meetings required, NZISD is a district of innovation)

Motion to adjourn meeting per Ms. Pope, seconded by Mr. Compton- Adjournment at 2:07 p.m.