SHAC Meeting Minutes

February 6th, 2025

5:00pm

Location: New Gym Foyer

Number in attendance: 7

Introduction: Summer welcomed everyone & presented last meetings minutes

Last Minutes Presented: yes Approved: yes

Past Items of Discussion:

1. Nov. 15th, Staff CPR certifications
2. Nov. 18th, Walk Across Texas & Class Bingo came to an end.
3. Jan. Taste-It-Tuesday was skipped.
4. Feb. Taste-It-Tuesday was Grapefruit. 5th grade boys loved it.
5. Future Taste-It-Tuesdays: ¾ Asparagus, 4/1 Broccoli, 5/6 Berries (subject to change)
6. Esteem health and wellness education: Waiting on administrative/board approval.

Future Items of Discussion:

1. Walk across Texas staff awards? Ideas?

\* 2/13-Yogart, granola, fruit spread for staff.

 \*2/24 Prizes for top two winners/top team- Donated Gift cards to: Planet fitness? Chick-fil-a? Starbucks? (Will inquire)

1. Feb. 23th Banana Bread Day

\*Mrs. Henderson has agreed to include elementary students into the culinary classroom on Feb.25th. They will be making banana muffins. Tasting will be after lunch on Feb. 26th.

1. March 13th Popcorn lover’s day?

\*We agreed to celebrate it, but when I went to organize it I realized it was during spring break.

1. March 20th World Oral Health Day – handing out oral hygiene pamphlets & Kits

\*Pamphlets were approved along with oral care kits. It was suggested that we should start at 6th grade, and work our way down with handing out kits. (not sure we have enough for all grades)

1. April 1st- (Tuesday) National Sourdough Bread Day.

\*We might revisit this in the future. We agreed banana bread day would be more kid friendly/enjoyed.

1. April: Alcohol awareness month
2. April 3rd: (the week before PROM) Texas A&M will be coming to May ISD to present their alcohol and drug awareness program to 6th-12th grade. This will include speaking presenters, Fentanyl education, DWI Preventions simulators “games”, Drunk goggles, marijuana goggles, etc.

\*Approved

1. April 7th: 10am-3pm Vitalant Blood Drive. Senior volunteers will receive their graduation cords & shirts. (substitutes will be brought in for staff donations.)

\*approved

1. Vote to Freshen up our health tab on our school web page? Add more health forms, mental health/counseling links, immunization information, Physicals forms, ETC.

\*approved

Next Meeting March 12th

1. Things we can implement into out physical education program for the next school year.

\*Fall- Walk across Texas for elementary students during PE

\*Spring- Jump rope for Tigers

1. Ideas for the next year. What should SHAC implement into our school? How can we help our school?

\*none at this time, left open for discussion in future.

1. Discussion will cover updating the District Wellness Policy Assessment Report at the next meeting on March 12th.
2. May- Mental health Month

Motion to Adjourn the meeting-

Chantel

Brittnie