

SHAC MINUTES

Feb 8, 2022

The meeting was called to order at 11:20 am by Claudia Longoria. The SHAC meeting was held in the High school conference room.

Claudia welcomed the committee members and thanked everyone for attending the meeting. The committee recapped topics discussed at the November meeting. Those topics included, increasing physical activity with Christmas fitness challenge and Mule pride week. Susan Cage discussed DeShazo Christmas challenge and participants. Students were to decorate a Christmas tree after they had completed a specific exercise. Watson Junior High and Muleshoe High school students filled out a google form that described the physical activity performed and duration of time it took to complete. Winners for WJH and MHS were provided with \$25 gift cards. Dillaman's physical education teacher Christy Drager provided the committee with "eat the nutritional rainbow" handout and described how certain food groups aid in our overall physical health.

The committee continued to brainstorm ideas to increase physical activity for all students of MISD. A 5k color run was discussed as a project for the year. The committee agreed that a Saturday in the spring time would be best. The committee discussed using the park as a location for the 5k color run. Local businesses will be encouraged to participate and booths will be welcomed. A meeting will be set up with Mrs. Heathington to plan a date to add to the calendar. Afterwards, committee members will be assigned to ask local businesses for donations/participation.

Susan Cage discussed mule pride week at DeShazo happening February 7-11. Mrs. Cage described the week's activities and a general announcement that empowers self love, kindness, and positivity. The committee discussed having WJH Mule pride week the week of March 7-11 and Dillman March 21-25.

TAHER representative Grace Croyle discussed possible menu ideas for March. Mrs. Croyle mentioned an increase in homemade meals. Ideas of breakfast burritos and casseroles will be added to help promote students' intake of vegetables and protein.

The next SHAC meeting will be Tuesday Mar 29, 2022 at 11:15 in the high school conference room. There were no further questions/concerns. The meeting was adjourned.

CLongoria, RN