

**Childress ISD**  
**School Health Advisory Council/Wellness Committee**  
**January 26, 2016 at 4:00PM**  
**Childress Elementary School Library**

- Tracee Herbstritt opened our meeting with samples of food from the cafeteria. She brought calzones, pizzasketti, pizza, a variety of Izze drinks, and several of the most popular items from the ala carte menu. Everyone had the opportunity to sample as they wished.
- Melanie Latimer spoke about FitnessGram and how the process worked at each campus. Since the focus is mainly elementary, she discussed the documents that she sent home with all 3--5 grade students that explained the importance of the students exercising at least 3 times a week for 20-30 minutes at a time. She also expressed the importance that the students to a warm up, the physical activity, and then cool down. She also talked about going to the Junior High and High School P.E. and Athletics class and administering the assessment on those students.
- Next meeting we will have Coach Wall come and speak about the Health course students take in High School
- SHAC will meet next on April 12th.