

Childress ISD
School Health Advisory Council/Wellness Committee
October 21, 2015 at 4:00PM
Childress Elementary School Library

- Family Fun Night was initially part of what SHAC did; however, it is no longer tied to wellness and SHAC will not oversee these events.
- The Wellness Policy needs to be updated but SHAC will need to wait to update until the US Department of Education comes out with guidance on what is required.
 - There will be very little change to the legal portion of the policy.
- Tracee has put together proposals for what the Wellness Policy will look like.
 - The schools can determine how many class parties will be held (previously it was limited to 3).
 - Parents can only bring in outside food at lunch to their child.
 - Guardians can bring food to a child.
 - CISD will place nutritional information on the school menus and also provide nutritional information to families at registration. These 2 things will be done in order for SHAC to provide nutritional information as required.
 - Physical Education will continue to encourage moderate to vigorous activity.
 - Will make sure kids get at least 25 minutes per lunch.
- The CHS Health teacher and Melanie Latimer will speak at the next SHAC meeting.
- SHAC will decide on ways it can implement small changes to improve wellness in the next 2 meetings.
- SHAC will meet next on January 26th.