

School Health Advisory Council (SHAC)

May 4, 2006

Members:

Cindy Fulton, Rusk ISD Nurse; Barbara McCreight, Rusk ISD Food Service Representative; Betty Collins, Rusk ISD Administrator; John Alexander, Rusk ISD teacher/coach; Allison Dotson, Parent; Lindy Finley, Parent; Marshall Gates, Parent; Jenny Huggins, Parent; Rhonda Jones, Parent; [other involvement: Jerry Ocker, Public Representative (Business and Community)].

Members present were Cindy Fulton, Barbara McCreight, Betty Collins, Allison Dotson, and Rhonda Jones. Lesa Jones also attended.

Cindy Fulton brought the meeting to order at 3:22. She thanked the council for giving their time to become members and reviewed the organization and formation of SHAC by Senate Bill 19. This council will be an advisory group to address issues for the health and wellness of the students of Rusk ISD. Because the wellness policy must be decided before the start of the 2006-2007 school year, the council is meeting now to formulate that policy. Next fall, the council will meet to fulfill SHAC responsibilities and fine tune the details of the council. Students from the CNA class will be a part of the formulation of policy, but not necessarily members.

Lesla Jones presented the TASB Starting Points for the Wellness Policy.

The committee agreed on the following:

MISSION

WELLNESS

Rusk ISD shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

NUTRITION GUIDELINES

Rusk ISD shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy.

WELLNESS GOALS

NUTRITION EDUCATION

Rusk ISD food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.

PHYSICAL ACTIVITY

Physical education classes will regularly emphasize moderate to vigorous activity.

SCHOOL-BASED ACTIVITIES

Wellness for students and their families will be promoted at suitable school activities.

IMPLEMENTATION

The Superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

The Board of Trustees will be asked to approve the School Health Advisory Council (SHAC) and FFA (LOCAL) Policy: Student Welfare: Wellness and Health Services at the May 8, 2006 meeting.

Cindy Fulton asked Rhonda Jones to find a current Cherokee County Index.

With no further questions or comments, the meeting was adjourned at 3:38.