



School Health Advisory Council (SHAC)  
Minutes from Meeting on September 23, 2015

The committee met at the Rockwall ISD Administration and Education Center. Members in attendance were Laurin DeStefano, Cathy Wallace, Shelley Garrett, Kurt Pflieger, Lexi Owens, Cindy Knochel and Nichol Smithers. The meeting was called to order by Nichol Smithers at 1733.

Survey results from RHS and RHHS students were reviewed. There were 328 respondents. More students would choose a bag of chips over a fruit cup (193); the majority of students responding believe that healthy concessions would be offered (276) and would purchase healthy concessions if available (220). Current healthy concessions options at the stadium were reviewed and new grilled chicken sub sandwich has been added this year. Discussion regarding next steps included marketing and branding/logo and recommendations to contact RHS Student Council and Child Nutrition regarding marketing discounts via social media. Smithers will also gather requested data regarding concessions #1 seller of the healthy options and the #1 selling non-healthy option.

Diet sodas are now a sales option at high schools. The SHAC agreed unanimously to continue with our current sales which do not include diet sodas.

Ideas for SHAC work for 2015-16:

- Presentation of technology in the classroom and American Academy of Pediatrics' position statement on screen time for children. Presentation from Dr. Donna Fisher, Chief Technology Officer for Rockwall ISD is scheduled for November meeting.
- Healthy snacks in the classroom, suggested by Linda Duran.
- Physical activity before and during school, suggested by Dr. Pflieger. Smithers will collect current lunch recess data; Smithers and DeStefano will collect current data of schools who offer before-school physical activity (gym and/or playground); Pflieger and DeStefano discussed Spark information regarding brain, learning and physical activity; brain breaks; DeStefano will forward TED talk link from Dr. John Ratey on education and the brain to share with SHAC; DeStefano will check with area PE specialists and Irving ISD for before-school and in-school activity models.
- Allergy awareness in schools suggested by Lexi Owens. Smithers reviewed current Food and Severe Allergy Management Plan and there was discussion on more opportunities for awareness education. Pflieger recommended Feingold website for allergy information. Owens also suggested allergy friendly information at concession stands.

The following dates are the remaining dates for SHAC in the 2015-2016 school year:

Wednesday, November 18<sup>th</sup> (5:30 pm to 6:30 pm)

Wednesday, January 20<sup>th</sup> (5:30 pm to 6:30 pm)

Wednesday, March 23<sup>rd</sup> (5:30 pm-6:30 pm)

The meeting was adjourned at 1856 by Nichol Smithers.