

FWISD School Health Advisory Council

SHAC Meeting #4 – Monday, April 21, 2025, 5:30-7:00 PM

AGENDA/MINUTES

Shared Mission Statement:

“Advocating for the holistic health and wellness needs of all FWISD students, families, and staff through active engagement, communication, and community partnership”

Intended Session Results

- Information Review: Focused Health Topics
- Formation of Sub-Committees based on Focused Health Target Decisions
- Initiate Sub-Committee Timelines and Tasks

Meeting Agenda

I. Welcome (8 SHAC Members were present for the Meeting)

- **Recap of Meeting #3 provided;** focus of nutrition and health services was decided as the focus for the SHAC. Purpose of the meeting was to come to a recommendation or not as decided by SHAC. SHAC work is always ongoing.

II. Nutrition Committee Summary for Full SHAC- Provided by Robin Hall, MS, RDN Nutrition Sub-Committee Parent Chair

- **Report of Committee Work**

- Background: RH met with ED Pamela Watson in March to gather basic information about nutrition services prior to setting up a full sub-committee meeting.
 - Sodexo is the District's current food vendor; 5-year contract annual renewable
 - Role ED to oversee the contract and ensure rules and regulations are met.
 - Team of registered dietitians who do menu planning and meet USDA regulations
 - Team of 4 compliance members: temperature, menu alignment, etc.
 - Parent Advisory committee required: this committee provides recommendations to Nutrition Services (this is the SHAC nutrition sub-committee)
 - Decision making on what is served; Sodexo
 - Recommendations may be more beneficial for Sodexo
 - **SHAC Nutrition Focus discussed with FWISD Nutrition Services/ED PWatson**
 - **Taste of food:** Dieticians hold Tasty Tuesdays, open to SHAC sub-committee visiting the Tasty Tuesdays
 - Students selected to sit on Tasty Tuesdays

- **Snack Availability:** Snacking must meet guidelines; vending machines are not supposed to be ON during the school day. There are a lot of rules and regulations around snacks and vending machines.
 - **Q:** What's the purpose of vending machines at school?
 - Open for after-school hours and afterschool events
- **Whole Food Waste:** Cafeteria staff at campus level have to wait to see how students receive (like or dislike) food items; if it goes over well they scale up, if students dislike, then they scale back. This doesn't address food waste concerns; however, it's on Sodexo's radar to begin Tasting Tables. Something to look into.
- **Vendor Process:** RFP process. ED Watson is very familiar with Sodexo's processes, etc. having previously worked with them.
- **Preservatives and Sugars:** Communicate with Sodexo for more information on food nutrients. There are new sugar and sodium guidelines that will be implemented next school year.
 - *SHAC Comment: having food taste good with reductions in sodium...this might be a reason why students turn to other food sources if the food is lacking seasoning (salt)*
 - *Food processing also reduces flavors; fresh foods have flavors. Food that fits the guidelines may not be most flavorful.*
- **Food Allergies:** Communicate with Sodexo on how food allergies are taken care of in the district
- **Additional Discussion Points with Sub-Committee Members**
 - Sodexo contract with the district: *does the contract limit what is served or can it be subsidized to offer fresh options?*
 - Opportunity to attend Tasty Tuesday for SHAC members

II. Working Groups: Recommendations

SHAC members went into team discussions to plan next steps

a. Nutrition Sub-Committee Next Steps

- Meet with ED Watson to discuss
 - Sodexo contract specifics regarding food nutrients/options
 - Fresh vs. processes/canned foods being served at campus
 - Structure of Nutrition Services Staff
 - Sodexo Staff
 - Campus Staff

- District Staff
 - Summer Nutrition Services Work
- b. Access to Health Services Next Steps (***see handout provided to committee***)
 - Parent Needs Assessment: what do they want and need when it comes to health services available for their children: short survey just after start of the 2025-2026 school year. How do parents want to receive information?
 - Communication Strategy for Teachers: quick reference guide
 - Services are underutilized based on the number of students uninsured; how can we connect resources and expand communication
 - Keep in mind that many families do not have access to receive and communicate digitally; other methods have to be utilized

III. Closing End of the Year with SHAC

- Thank you to all SHAC members for your service.
- Eligible SHAC members will be notified regarding membership renewal (those meeting attendance requirements).
- SHAC members who were unable to meet attendance requirements; membership will not be renewed.

Charlotte and Roina will be in touch.

Meeting Adjourned at 7:00 PM

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