

Vega ISD School Health Advisory Council
Minutes from Wednesday November 16, 2022 Meeting

The SHAC meeting was held in the Vega ISD HS Computer Lab beginning at 8:00 am.

Members Present:

Cayla Blasingame
Toni Borman
Talia Carter
Tammie Cook

Members Absent:

Micah Black
Amy Wagner
Julie Marsh
Brandi Richards
Megan Kahlich

Administrators Present

Jody Johnson
Johnette Stribling
Tracey Bell

Cayla opened the meeting at 8:05am with a welcome to members present and asked that everyone sign in. Members were asked to update their contact information if needed. Minutes from the previous meeting were emailed to all members prior to the meeting today and were reviewed. Consensus vote with unanimous approval of the minutes as previously read by members.

The triennial assessment requirements were reviewed by members present, with the last assessment noted as being completed in January 2020. Important notes on the triennial assessment: It is required per the U.S. Department of Agriculture's (USDA) Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010 which requires that each local educational agency (LEA) participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) to complete an assessment of their local school wellness policy (LSWP) at least once every three years. The District is required to measure and make available to the public the results of an assessment of the implementation of the District's wellness policy. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The past triennial assessment was evaluated using WellSAT 3.0. The current school year assessment will be evaluated utilizing the WellSAT 3.0 and WellSAT-I. The results will be posted to the Vega ISD SHAC Information page once completed. Results will be reviewed by SHAC members at a future meeting.

Next, the Vega ISD Wellness Plan was reviewed. There is an updated template that has been released from TASB since the original wellness plan was developed. It is recommended that we update general wording for the document to be consistent with the TASB template. Next, the Wellness Policy Goals were reviewed, to include our individual objectives, action steps, methods for evaluation and obstacles. Updates to the Wellness Plan are necessary to reflect the current practices at Vega ISD that have evolved over the past years to include more electronic communication through means such as: Vega ISD Facebook page, Vega ISD website, Vega ISD App, Vega Cafeteria Facebook page and campus emails/newsletters. There has been a reduction in paper flyers, etc that had been utilized more often in the past. An additional objective is recommended to include current school practice of free access to water throughout the school day. The basic plan for delivery of the CATCH coordinated school health program was discussed by Mrs. Stribling to the SHAC. Ms. Bell adds that it is being taught on her campus by Coach Norris every Friday. The Wellness Plan was reviewed by members present with changes made to reflect current practices, methods and campus changes. Mrs. Stribling also noted the fact that the school provides school facilities for use with Kids Inc practice, volleyball practice, etc for activity that is non-school related. This information will be included in the triennial assessment. She further states that there will likely be documentation available for facility usage by outside organizations/groups for evaluation purposes through the Superintendent's office. The amended Vega ISD Wellness Plan was approved by unanimous consensus vote of members present. It was also approved by the administration present. The completed amended/updated Wellness Plan will be presented to Mr. Johnson, superintendent, for final approval.

The Spring Employee Wellness offering from last school year was reviewed to include last year's offering, budget and winners. The offering was a success with 22,061 minutes completed during the 4 week period by employees outside of their normal school day activity. There are currently no new recommendations by members present for future offerings. The date for the Employee Wellness Program offering for this school year is yet to be determined. Last year's budget was \$550. Next, a \$550 budget for the 2022-2023 Employee Wellness Program offering was approved by consensus vote of members present. The Superintendent will make final approval for the employee wellness program budget, with the SHAC recommendation taken into consideration.

Old business- none

New Business- none

Meeting adjourned at 8:30 am. The next meeting is scheduled for January 18, 2023. (Note: January meeting canceled)