

# Argyle ISD School Health Advisory Council

April 20, 2022

Council Minutes

Webex Meeting

**Call to Order:** 4:32 pm

**Present:** Kris Wildeveld, Vanessa Branch, Teresa Donovan, Dr. Becky Gomez, Shelby Guthrie, April Kuykendall, Officer Bob Masterpiero, Dustin Mobley, Lauren Ramsey, Sara Richardson, Sherrie Thompson, Lauren Tullos, Deborah Cottle

## Meeting:

- ◆ Officer Bob Masterpero motioned to approve the February 2022 minutes and School Board Annual Report. There were no changes.
- ◆ Returning members for the SHAC for the 2022-2023 school year are:
  - Kris Wildeveld
  - Laurent Tullos
  - Robert Mastropiero
  - Deborah Cottle
  - Joelle Zavzavadjian
  - Dustin Mobley
  - Teresa Donovan
  - Dr. Becky Gomez
  - Rebecca Lively Oehlers
  - Lauren Ramsey
  - Sara Richardson
  - April Kuykendall
  - (Campus Nurses indefinite terms)
- ◆ Goal for 2022-2023 School Year is the Wellness Policy
  - Wellness Policy required for every school district
    - Legal policy is reviewed every 3 years
    - Local Policy was updated in August 2021
    - The Wellness Policy is on the Health Services Website for other school districts too.
- ◆ Tyler Sullivan with the Student Nutrition Department with the Argyle ISD spoke about the Wellness Policy and Plan for the AISD.

- Wellness Policy outlines the goals to keep students eating healthy, active, promoting good health and education
  - Wellness Policy and Plan will be reviewed to make sure it is up to date and achievable this summer. It will be reviewed and presented to the next board meeting.
  - Local Wellness Policy is a written plan that officially outlines the district level goals to establish, evaluate and maintain a healthy school environment. It follows local, state, and federal requirements for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.
  - Those that are involved in implementing the plan are:
    - Administrative from district and schools
    - Community member
    - Parents
    - Representatives of the district schools, student nutrient staff, students, staff and anyone else interest is welcome
  - In 2017 the plan was created and approved and updated in August of 2021. The policy will be evaluated this summer with updates.
  - There are plans in the policy on how to ensure each school's compliance with the policy
  - Once policy is approved, the plan has more details on writing out goals and initiatives that are measurable and achieving them which will be assessed every 3 years.
  - Actions:
    - Update & review local wellness policy
    - Update as needed the wellness plan
    - Complete assessment
  - Schools that follow the national lunch program which is all the elementary schools, need a wellness plan in place and following federal guidelines
  - Middle schools and High School don't have to follow the guidelines but want to make sure they are included in the wellness policy and plan so they are presenting and keeping the students healthy and encouraging them with good behavior habits such as good nutrition, physical activity, etc.
  - Foods in the vending machines will be looked at for their nutritional elements
- ◆ Kris said the school advisory counselor works on the plan and she was going to email components over the summer and give examples on input on physical activities. Erin Baker will represent elementary schools for the requirements for PE.
- Plan also discusses the number of school parties
  - Community events such as jump for your heart, walk across America doing at various campuses and grade levels need to be tracked

- ◆ Officer Bob asked about mental health awareness pieces such as peer support and mental health awareness issues especially for kids in a developmental situation is part of the plan
- ◆ Kris will email current wellness plan and some examples from other districts.

**Meeting Dates 2022-2023:**

- ◆ September 21, 2022 – goal is wellness plan, review bylaws and any future goals
- ◆ November 16, 2022
- ◆ February 15, 2023
- ◆ April 19 2023

**Adjourn:** 5:00 pm