

# SHAC Meeting Minutes:

**Date: 02/16/2024**

The school health advisory committee (SHAC) was called to order at 9:01am by Dr. Gilbert Trevino. This was the 3rd out of 4 SHAC meetings for the 2023-2024 school year.

**Walk Across Texas**- Natalie Snowden reported that there are 11 staff teams currently participating in Walk Across Texas, with one more potentially being added soon. Natalie is sending weekly updates to staff and will be offering weekeind walking times at the track where team can come and get additional steps in. The next walking weekend will be 02/17 from 10am to noon. Staff can walk for 2 hours, or stay as long as they can.

Natalie also stated that there is good student participation and that most teachers are logging their classes step count regularly.

**Upcoming Activities**- In collaboration with the county extension office, Natalie is bringing more programs to help students learn healthy habits. They are starting a “walk and talk” program where they discuss healthy eating and drinking related topics and spend a period walking around the gym while having discussions. They are also working on the “rethink your drink” program where students are taught about balancing their beverage intake. They are discussing sugar in drinks, electrolytes, and the importance of drinking water.

A health fair at A.B. Duncan is possible this Spring. We will get updates from Nurse Shuping during out next SHAC meeting.

**Cafeteria Services**- There is still an active bidding process occurring at this time where new vendors have the opportunity to offer our cafeterias bids for their services. As of now, there have been no changes and SFE (our current provider) is doing a great job.

Mrs. Emery has asked if her campus can move to a keypad system to help speed up the lunch line process as students are using cards to scan at this time. She will follow up with her cafeteria staff.

**Next Meeting**- The next SHAC meeting will be held on April 5th, 2024 at 9am.

**Meeting Adjourned:** 9:21 am