

## **SHAC Committee Meeting Minutes (Wellness Policy Triennial Assessment)**

December 4, 2025

12 noon

### **Overview**

The School Health Advisory Committee (SHAC) meeting faced initial technical difficulties but proceeded with updates. Child Nutrition Services reported offering free breakfast, lunch, and dinner to all students, emphasizing fresh ingredients and compliance with federal and state nutrition guidelines. The department plans menus a year in advance and conducts taste tests and surveys for student feedback. The committee voted to include the Menu Selection Advisory Board as a subcommittee. Jane Villarreal and Claudia Juarez discussed PE and health education, highlighting the state-mandated FitnessGram test, which assesses students' physical fitness and provides reports to parents. The test is conducted annually from February to April.

### **Action Items**

- Include the Menu Selection Advisory Board as a subcommittee of the SHAC.
- Communicate the updated SHAC subcommittee to the District.

### **Outline**

#### **Agenda Overview and Child Nutrition Services Update**

- Sandra shares her screen to display the agenda and mentions the topics to be covered, including a Child Nutrition Services update.
- Amy Childress, Chief Financial Officer, provides an update on the district's child nutrition services.
- Amy explains the department's goal to provide scratch-made meals using fresh ingredients and mentions the district's nutritionist.
- The department offers breakfast, lunch, and dinner free to all students, emphasizing the importance of nutritious meals for health and learning.
- Amy discusses the staff menu committee and the menu committee, which includes teachers, students, and parents, to gather feedback and plan menus.

#### **Menu Planning and Advisory Board**

- Amy Childress, Chief Financial Officer, details the process of planning menus a year in advance and the ability to make substitutions within guidelines.
- The menu committees conduct surveys and taste tests to gather feedback and plan future menus.
- Amy describes the Flavor Fest event where students sample new menu items and provide feedback.
- The menus are available on the district website, and the Nutri Slice app is used for planning.
- Amy mentions the requirement to have a menu planning advisory board and suggests adopting it as a SHAC subcommittee.

### **Vote on Including Menu Selection Advisory Board as SHAC Subcommittee**

- Sandra thanks Amy and moves to the next agenda item regarding the inclusion of the menu selection advisory board as a SHAC subcommittee.
- Sandra asks for a show of hands to vote on the proposal, and the majority agrees.
- Sandra congratulates the menu selection advisory board and emphasizes the importance of student participation.
- The committee votes to adopt the menu selection advisory board as a SHAC subcommittee.

### **PE and Health Education Update**

- Sandra introduces Jane Villarreal, Chief Academic Officer, and Claudia Juarez, PE coordinator, for the PE and health education update.
- Claudia Juarez provides an overview of the PE units at the elementary and secondary levels.
- Claudia explains the state-mandated FitnessGram test, which encourages personal growth and lifelong fitness.
- The test includes components like push-ups, sit-ups, aerobic capacity, flexibility, and body composition.
- Claudia discusses the importance of the FitnessGram test in identifying areas for improvement and adjusting the curriculum accordingly.

### **FitnessGram Test Details**

- Claudia explains the process of entering test results online and generating reports for parents.
- The reports indicate whether students are below expectation, need improvement, meet expectations, or exceed expectations in various areas.
- Claudia emphasizes that the FitnessGram test is not about competition but about promoting healthy lifestyles.
- The test is conducted once a year, with pre- and post-testing to track progress.
- Claudia mentions the use of a Google sheet to share games and activities among coaches to improve students' fitness levels.

### **Questions and Clarifications**

- Participants ask if they can receive a copy of the presentation, and Claudia agrees to email it to them.
- A question is raised about the state requirement for parents to receive the fitnessgram results, and Claudia confirms it.
- Another participant asks about the timing of the FitnessGram test, and Claudia explains it takes place in February, March, and April.
- The meeting continues with further discussions and questions about the FitnessGram test and its importance.

## **Next Steps and Meeting Schedule**

- Sandra asks for recommendations for the next SHAC meeting date, considering the evaluation process in February and March.
- Participants suggest the weekend after spring break or Wednesdays as potential dates.
- After discussion, the group agrees on Wednesday, March 18th, as the next meeting date.
- Sandra confirms the decision and thanks everyone for their participation and input.