

Health & Advisory Committee
& Safe and Drug Free Schools Committee Minutes
September 15, 2014

Meeting called to order at 4:15 p.m.

In attendance were: Natalie Barganski, Jeannette Elliott, Deysi Epley, Janet Daniel, Irene Reyes, Kristina Richter, Ivonne Sandoval, Edgar VanGeem, Brandon Buchei, Gina Valdez, Linda Barganski, Cheryl Cannon, Mary Pawelek, Sandra Martinez Noah Earley, Pam Pailes, Jennifer Pogue, Kara Wallace, Bryant Gray, Cindy Holder, Jessica Tomsu, Sal Alvarado, Dawn Evans, Brian Scholz, Margie Garza, Carrie Long, Nikol Youngberg, Mary Jane Garza, Mary Welch, James Washington, Joseph Reyes, Lauren Pedrotti & Tanya Simpson

Welcome was given by Cheryl Cannon.

Introductions were started by Cheryl Cannon.

Presentations were given as follows:

1. MEND (Mind, Exercise, Nutrition, Do It) Program Presentation by Tanya Simpson and James Washington - Ms. Simpson presented the PowerPoint explaining that the program focuses on changing behavior, making children healthier, more confident and boosts their self esteem. The program is not presented to children and their parents as a weight loss program but rather as changing behaviors for a healthier lifestyle. This is a family program and one adult must attend with the child. Children 2-6 years meet once a week for 10 weeks and children 7-13 years meet twice a week for 10 weeks. This program originated in the UK and is based on research and evidence. School districts can implement this program and will be paid to compensate their employees for facilitating.
2. Local Wellness Policy Updates Presentation by Brandon Buchei and Gina Valdez - Using a PowerPoint presentation, Mr. Buchei explained the Healthy Hunger-Free Act 2010. It states that all local educational agencies participating in the National School Lunch Program and/or the School Breakfast Program are required to meet expanded local school wellness policy requirements consistent with the new requirements set forth in section 204 of the Healthy Hunger-Free Act of 2010. A local wellness committee must set goals for nutrition promotion/education, goals for physical activity, and goals for promoting student wellness. The committee must make clear, concise goals with specific and measureable objectives and benchmarks stating: who will make the change, what change, by how much, where and by when. The following members of the Health and Advisory/SDFSC Committee volunteered to be members of this sub-committee: Mary Welch, Ivonne Sandoval, Jeannette Elliott, Nikol Youngberg, Sal Alvarado, Cindy Holder, Pam Pailes, Mr. & Mrs. Joseph Reyes, Noah Earley, Dawn Evans, Margie Garza, Cheryl Cannon, Brandon Buchei & Gina Valdez. This sub-committee will present to the Health Advisory/SDFSC Committee at the November 17, 2014 meeting.

Cheryl Cannon stated that all videos purchased by the district needed to be approved by the committee. At the time there are no videos to review.

The floor was opened up for discussion.

Motion was passed by Pam Pailes and Linda Barganski to approve the minutes from the May 19, 2014 meeting.

The meeting was adjourned at 5:25 p.m.