

Health & Advisory Committee
& Safe and Drug Free Schools Committee Minutes
November 18, 2013

Meeting called to order at 4:05 p.m.

In attendance were: Pam Pales, Meg Straiton, Dory Trudeau, Casey Becker, Molly Nichols, Carol Zunker, Brian Scholz, Crystal Cooper, Kristen LaBaume, Neely Pedersen, Carrie Long, Kristina Richter, Janet Daniel, Natalie Barganski, Irene Reyes, Edgar VanGeem, David Hancock, Gina Valdez, Stacey Dial, Cheryl Cannon, Linda Barganski, Sandra Davila, Dr. Mary Jane Garza, Bryant Gray, Sandra Martinez, and Javier P. Garcia.

Introductions were started by Cheryl Cannon.

Motion was passed by Bryant Gray and Neely Pedersen to approve last meetings' minutes.

Presentations were given as follows:

1. Presentation by Javier Garcia from USA Judo. This program is geared towards bullying prevention. It teaches kids to be proactive bystanders as well as to defend themselves in a bullying situation. This program teaches evasive moves and how to use them to your advantage. It teaches you how to fall backwards and forwards when assaulted by a bully to prevent the least amount of damage. Kids are taught to tell bullies to "Stop!" and give them an ultimatum to keep the situation from escalating. The purpose of this presentation is to bring this program into the district for all schools and all grade levels. Mr. Garcia would like to implement it during Physical Education classes, early in the morning. The district would be the one to decide how often these classes would be needed, whether it is once a week, once a month, or once a semester. The cost is \$500.00 a day.
2. Presentation by Gina Valdez from Flour Bluff ISD Nutrition Services regarding the School Breakfast Program. This is a federally regulated program, of which its requirements are established by the USDA, that offers breakfast in the classroom. Texas State Law requires school districts to have the School Breakfast Program if 10% of their student population has free or reduced lunch (our district does). Currently, our Early Childhood Center, Primary, Elementary and Intermediate campuses have this program and are we hoping to implement it at the Junior High and High School campuses soon. Regulations require that all school meals meet the Recommended Dietary Allowances (RDA) for different nutrients. Fresh fruit will be offered next year. We are currently offering 100% fruit juice in place of fruit. Students must take a "reimbursable"/full meal to be eligible for free breakfast. This means that their meal must contain all four components. If they only take one or 2 items, they will be charged per individual item. We currently do not offer seconds.
3. Presentation by Gina Valdez from Flour Bluff ISD Nutrition Services regarding the National School Lunch Program. New nutrition standards took effect July 1, 2012. The program was implemented and changes slowly started to happen by replacing more items. Some changes include more fruits, more vegetables, whole

grains, 1% milk, no use of trans fat and lower sodium use. If the student does not take fruit or vegetable, it is not considered a “full meal”.

4. Presentation by Gina Valdez from Flour Bluff ISD Nutrition Services regarding the After School Care Program. This program offers snacks to students in latchkey and after school tutoring. It requires for the student to take two different components, for example: 100% fruit juice and graham crackers. Although the district does have to consider staying within budget when purchasing these snacks, they are eligible for reimbursement. Nutrition Services has to keep documentation of every student that is given a snack. The purpose of these presentations is to do some community outreach and get the word out regarding their procedures.
5. Cheryl Cannon passed out voting forms regarding Mr. Javier Garcia’s presentation on USA Judo. Everyone present took a vote on whether they thought this program should be presented to students in the district, if it should not be presented, or if they needed more information before they made a decision. We will compile all questions and send them to Mr. Garcia to request more information.
6. Presentation by Cheryl Cannon on establishing a Physical Activity and Fitness Planning Subcommittee. The House Bill 1018 went into effect September 1, 2013 that requires each district Health Advisory Committee to establish this subcommittee. One campus representative from each campus is needed for this committee, not necessarily needing parents to be part of it. Once we get all the representative names from the campuses, we will go ahead and pick dates and times for the meetings.
7. Cheryl Cannon passed out TSHAC Bullying Prevention Website and Resource Information that members can take back to their campuses and pass out as needed.

Floor Open for discussion.

No new business.

Meeting concluded at 5:01pm.