

# **SCHOOL HEALTH ADVISORY COUNCIL**

## **February 20, 2017**

### **Minutes**

Members present:

Niki Bishop

Tamara McWilliams

Karen Huffman

Meeting called to order at 4:00pm. Discussed recommendation from Kathy London at TASB to remove Goal #3 on page 7 of the Wellness Policy Worksheet that was submitted to TASB for approval last month. Members unanimously approved the removal of Goal #3, page 7.

Karen Huffman passed out several lists of foods/activities that can be used for class parties and celebrations. Mrs. McWilliams and others have concerns over the amount of non-nutritious foods and beverages that are being given to students at the class parties and other celebrations. Karen Huffman and Farran Morris will work on compiling a list of healthier choices of foods and beverages for parties along with fun activities that can be used at class parties. Once completed the lists will be translated to Spanish. Copies will be given to teachers and they can be handed out to students/parents prior to the next party.

Also discussed was the possibility of getting lunch boxes made for mentors and parents to use when they bring outside lunches to school. Mrs. McWilliams will talk to Mr. Chavarria about that possibility. She also would like to get information to the volunteer mentors about healthy choices when bringing outside meals for their students.

Meeting adjourned at 4:30 pm.

Respectfully submitted,  
Karen Huffman, BSN, RN