January 18, 2016 SHAC Meeting

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| * **Welcome/Sign-In** |
| * **Review SISD Wellness Policy** * **Discuss new wellness plan** * **Spring activities** |
| * **Closing** |
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**Agenda**

**SHAC Meeting**

**Silverton ISD**

**1/18/16**

**2:30 PM**

Meeting started at 2:30 PM. Members present: Shandy Beedy, Patsy Towe, Michelle Francis, Efrain Gonzalez, Kim Reiss, Clyde Parham, and Molly Forman

The SHAC discussed and reviewed the SISD Wellness Policy and made changes/corrections as needed. The wellness policy will be sent to the board for adoption with the revisions that were made.

The SHAC discussed the new wellness plan that will help implement the wellness policy once adopted. This plan has goals, interventions, and evaluations that will support the wellness policy for the district.

Once finalized, the SISD Wellness Policy and Plan will be put on the district’s website for public viewing, along with information for anyone interested in the policy, plan, and/or SHAC.

The SHAC discussed the upcoming spring activities. Molly Forman briefed the committee on the *Take a Stand* program that ended in November for the 3rd, 4th, and 5th grades. She also talked about the *Learn Grow Eat Go* program that they will be starting in the new few weeks with the 4th and 5th grade classes.

Kim Reiss updated the committee on the staff health and wellness meetings that are being held every Monday after school to encourage and promote nutrition and exercise to the SISD staff.

Shandy Beedy asked the committee if they thought the staff would be interested in a *Biggest Loser* weight loss competition. All agreed that it would be a great idea and another way to promote and encourage health and wellness with the staff. This will take place after spring break.

Meeting closed at 3:30 PM.