

# March 6, 2019 SHAC Meeting Minutes

Wednesday, March 6, 2019

Travis High School, Culinary Arts Room

Attendance:

## **Members**

Sarah Bentley – Chair  
Rachel Guzman - Co-Chair  
Nekosi Nelson - Vice Chair  
Julia Hoke – Secretary  
Vivian Ballard - Past Co-Chair; Health Ed Co-Chair  
Jennifer Cozzalino - Health Ed Co-Chair  
Hugh Simmons - Social Services/SEL Chair  
Michelle Smith - Physical Ed Co-Chair  
Gena McKinley - Physical Ed Co-Chair  
Ronda Rutledge  
Toni Rayner  
Tim Ruttan  
Jackie Platt  
Susanne Kerns  
Elizabeth Jacobs  
Candice Escobedo

## **AISD Staff**

Michele Rusnak  
Loree LaChance  
Kathy Ryan  
Ryan Cengel  
Jason Schafer  
Caroline Chase

## **Other**

Leigh Ann Jensen  
Katie Wolfe  
Cynthia Vasquez

6:40 called to order,

Introductions – Members and Guests

Public Comments - None

Items from members –

Michelle Smith - Action for Health Kids grants are open can apply online ([actionforhealthkids.org](http://actionforhealthkids.org))

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Nekosi Nelson - Common Threads, food/nutrition organization in Austin, 5/19/19 – celebration of health and wellness in the community, interactive games, yoga, etc. @ UT Dell Medical School

Susanne Kearns – bill proposed to raise age for purchasing tobacco products to 21, including vaping

Michelle Smith – Proposed bill to set state standards for recess

Sarah Bentley – shared resource from Texas PTA about proposed legislation related to health/wellness, met with trustee (Teich) and Physician's for Social Responsibility (want students to learn more about environmental health; Eco Rise is working to develop curriculum about explicit connection between environment and health)

Gena McKinley - Generation Zero – City of Austin/KAB – curriculum related to composting/recycling

Ronda Rutledge – Sustainable Food Center is advocating for legislation for incentive funding for fresh produce

Michelle Rusnak – health education is still not a graduation requirement for the state of Texas; would like help from Health Education Committee developing guidelines for health education in AISD; piloting a year-round health class at McCallum instead of one semester only

Toni Rayner – Asked question about requirements of Coordinated School Health that are required; SHAC advocated for health education to remain as a graduation requirement in AISD

Approval of minutes – February Minutes approved

### District Reports

#### **Loree LaChance, Student Health Services**

Reported on the following:

- **Direct care provided** - increase in encounters and medications administration even though district student population has seen decrease.
- **Communicable disease surveillance** – decrease in flue cases over past two weeks, monitoring Pertussis in several schools, tracking spread of measles in other parts of the state
- **Immunization compliance** - We are continuing notification of immunization needs for next school year.
- **Sports physicals** - collaborating with Denise Vanlandingham to provide support for this year's Sports Physicals offerings in April; AISD staff assisting with blood pressures and vision screenings. We have also reached out to the UT School of Nursing to ask for volunteers from their BSN program to also help; so far we have had 8 students volunteer; marching Band now requires a sports physical
- **Chronic disease management** -
  - a. We have had a meeting with the Concussion Clinic at DCMC to discuss a process for implementing assessments and Return-to-Learn protocols for all students diagnosed in the ED with concussion to help bridge the gap between ED

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discharge and 1<sup>st</sup> clinic visit. Although a first step, the possibilities for providing support to students and families in this interim period is exciting.

- b. Two House Bills that would allow for school nurses to initiate return to play protocol – “return to learn” captures all students not just athletes

### Member questions for Loree

Sarah Bentley asked whether this increase in encounters is seen across all levels (elementary, middle, high school) – Loree says the data can be broken down but the 35% increase is across the entire district

Liz Jacobs – asked question of Loree

Rachel Guzman asked question about immunization rates – 2.5 % of students have an exemption, 1000 students are delinquent (no exemption on file) but allowed to attend school (local control, principal’s decision), this is a state requirement that we do not enforce

Tim Rutter asked if this requirement has been revisited recently; Sarah Bentley suggested that the Health Services subcommittee could take this on; Loree can present more comprehensively on this topic at a later SHAC meeting

### **Annaliese Tanner/Ryan Cengel, Nutrition and Food Services**

Report on district food services data:

- 75K meals/day
- 57% qualify for free or reduced meals
- Serving about 6000 more meals/day this year
- Almost 13 million meals by the end of the school year
- Increase is seen across the board (not just at one level)

Financial data -

- \$1.08/meal is target – investment in quality – current cost is \$.93 per meal
- Revenue has increased this year even with increase in cost of meals
- Labor is biggest expense – 2/3 of budget, labor cost per meal (\$1.52)
- Central kitchen pilot to reduce cost
- Courtesy meals - \$500,000 in unpaid meals – we feed every child
- Stabilizing the budget this year “rainy day fund”
- Projected school lunch price increase – this is required by the US Department of Agriculture
- Elementary lunch will be \$3.00 and secondary will be \$3.15
- Impact of Water Boil order – had to change menus, eliminate salad bars, brought in 2 million bottles of water that week
- Employee focus - We are the only district in the state that has 15 paid holidays for kitchen staff – we pay a living wage to employees

Food Access – 4 main programs

- breakfast in the classroom - 25K students/day, breakfast as a community activity; moving to organic cereal items

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- universal free breakfast
- community eligibility program (expanded to 43 schools this year, all students eat for free)
- after school meals Serving 3K after school meals/day after school – in house production, prepared at McCallum HS, piloting a central kitchen through grant from SDF

### Other programs –

- Distributed Dining – starting in high schools – funding from MSDF – different points of access throughout the campus so kids don't have to go to high school for lunch – piloting at Bowie and Lanier – making school food more contemporary and accessible
- All Pre-K students got free meals, not income dependent – started pilot of sending home meal kits from Central Texas Food Bank – all hardware and ingredients included – every pre-K student at 3 campuses

### Nutrition Education

- Cafeteria as a Classroom – engage students as much as possible
- Increased scratch cooking in AISD – this is rare for school districts
- Salad bars offered daily at all campuses; self-serve at secondary schools- promotes healthier more plant-based eating; themes rotate throughout the year
- Menu updates – a lot of new menu items this year including Jamaican meat pie, plantains, yucca fries, Cajun drumstick, etc.; new organic cereals, New World Bakery – sandwich breads, hotdog buns, hamburger buns; offering soy milk and GF bread (upon request); Flyrite Chicken pilot at Eastside HS and McCallum; more fresh fruit through DoD funding; Family Style pilot at Winn Elementary, Square Fare – grab-n-go lunch boxes at middle and high schools; grass-fed burgers at high schools, elementary schools get visits from food trucks
- Food Trucks – 3 mobile food trucks and 1 stationary food truck at Anderson; mobile trucks rotate to different high schools each day; middle schools and elementary schools can request food truck visits; Nacho Average food truck, Food for Thought
- Active Sampling – offer samples before putting foods on menu – positively introducing students to new foods and cultural foodways
- Fresh fruits and vegetable programs – at 8 campuses, students are given a snack during the day; through FFVP – federal program, locally sourced
- Diced and Sliced culinary competition – Taco Competition in 2018 and the winning team got their taco added to school menu; in 2019, it will be a pasta competition; final competition at ACC Eastview on May 17
- Student internships – Clifton and Travis students

\*\*Question from Ronda Rutledge – how do you get student feedback? Comment cards

USDA rolled back some of the guidelines this year established in the Healthy and Hunger-Free Kids Action of 2010 (with regard to milk, whole grain, sodium reduction); AISD is continuing to follow these guidelines

### Other initiatives

- Clean Label initiative – removing any substance that's been shown to be harmful, HFCS, partially hydrogenated fats, etc.

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- Sustainability Updates and Initiatives – composting, share tables at all campuses, compostable/reusable trays and utensils, expanding self-serve options, scratch cooking
- Local procurement – 45% in state of Texas; milk, bread, tortillas are all from Texas, Fridays include local produce (JBG)
- Local veggie samplings – 4X a year
- Garden to Café at 8 campuses
- Pilot participant of Good Food Purchasing – all foods are evaluated in 5 areas – we have a 3 star rating and are working toward 5 star rating; MSDF has funded programs to increase our scores in these areas

SY 2019 – 20 Planning – focus on food quality and line speed; zero waste pilots, increased plant based protein focus, distributed dining expansion, continue to expand BIC alternative model options, expanding CEP, procurement focus in partnership with MSDF, central kitchen master planning

### Committee Reports

Michelle Smith – Recommendation from PE Subcommittee, increase focus on PE in master planning (not just focus on athletics); letter from SHAC to master planning committee – consider PE and what type of facilities are available at all 3 levels, large enough facilities based on class sizes, room to participate safely, privacy issues (locker rooms), survey to determine what physical activity areas are being used and how they are being used; Michelle moved that SHAC send letter to Facilities Planning Committee – motion passed

Vivian Ballard – Health Ed Sub-committee – update on sex ed vote from school board, this is a topic being discussed across the country (referenced NY Times article); will be taking on topic of vaping

Kathy Ryan – reviewed next steps in comprehensive sexuality education curriculum efforts – another opportunity for community input before going to the board again in June

Caroline Chase – SEL update – Share Fair

April Meeting is downtown and May meeting is back in the community

Meeting adjourned – 8:00