

Austin I.S.D. School Health Advisory Council Meeting

6:00 p.m-7:30 p.m., Wednesday, 3/22/23

Meeting Location Zoom Video Conference

<https://austinisd-org.zoom.us/j/89809788180>

The SHAC may take action during the meeting as it clearly and directly relates to any agenda item on the table at the time.

Time	Agenda Item	Presenter or Staff Resource (if applicable)
6:03 p.m.	Call to Order	Mary Renfro, Co-Chair
6:05 p.m.	<p>Introductions and Recognition of Guests</p> <p>SHAC members in attendance:</p> <p>Mary Renfro, Co-Chair</p> <p>Addison McKenna</p> <p>Belynda Barkley Montgomery</p> <p>Dr. Juliette Owens</p> <p>Nina Miller</p> <p>Stacy Smith</p> <p>Dr. Claire Selinger</p> <p>AISD Staff in attendance:</p> <p>Pat Werner</p> <p>Stephanie Hebert</p> <p>Robin Smith</p> <p>Rachel Dunn</p> <p>Ellie Gamble</p> <p>Alana Bejarano</p> <p>Jose Serrano</p> <p>Donna Picket</p> <p>Ginger Voss</p> <p>Guests in attendance:</p> <p>Lucinda Bailey</p> <p>Kurt Nauck</p> <p>No trustees were present</p>	Mary Renfro, Co-Chair
6:06 p.m.	<p>Community Communications</p> <p>No comments</p>	Mary Renfro, Co-Chair
	<p>Reading and approval of minutes</p> <p>Quorum not met; vote could not be taken</p>	Mary Renfro, Co-Chair
6:08 p.m.	<p>Health Service Update</p> <p>Recognition to Mary and Dr. Edwards for leading SHAC</p> <p>Update of Health Services to bring in High School nurses as AISD employees</p>	<p>Mary Renfro, Co-Chair</p> <p>AISD Health Services Department</p> <p>Alana Bejarano, Director of Health Services</p>

	<p>Voting of Equity Advisory Committee Letter Quorum not met; vote could not be taken</p>	Mary Renfro, Co-Chair
6:15 pm	<p>Presentation: Gardens at each Campus and Proposal for Health Fairs Nina Miller, Presenter</p> <p>Looking at expanding to have gardens in all AISD schools; need to determine the cost and how to initiate this.</p> <p>The benefits to children are virtually limitless. Gardening fosters pride and a sense of accomplishment as kids can see what they harvest from seeds.</p> <p>No gardening experience needed.</p> <p>We need to offer this first to those communities in need.</p> <p>Helps kids gain life skills, creative problems solving; hard work to pull it off and what kids need in the real world.</p> <p>Nurturing conscious consumers, kids knowing where food comes from and how to meal plan and cook at home.</p> <p>Gardening addresses physical and mental health; we want students to bring gardening back to their families</p> <p>Research shows that kids are more willing to try new foods that they've grown.</p> <p>Gardening helps train students to be leaders in their own communities</p> <p>Makes gardening fun because it can be incorporated into any class subject.</p> <p>We want to integrate gardens into existing curriculums and bring communities together to plant these gardens. Kids learn about composting and become good stewards of the earth</p> <p>Benefits to district – gardening fulfills many objectives of school policy. AISD could be a model to other districts</p> <p>The Mittleider System is what is proposed – a form of gardening where everything is incorporated into a manual; uses the least amount of water and the cheapest materials at the least effort. You can anticipate your yield and work backwards. All kids can see success.</p> <p>We know this system will work if we follow this model.</p> <p>We want to pilot the program with 3-5 under-served schools that have a passionate school community.</p> <p>There are Interdisciplinary teaching opportunities – Biology. Taxonomy, Chemistry (photosynthesis), English (journaling), Health (nutrition, diet, cooking, exercise, herbal medicine), History, Food Economics, Math, Statistics, and Shop (building).</p> <p>Methodical way to start the process is to plan during certain times of the year and plant with the seasons. When waiting for yields, a chef can come in to talk about meal planning.</p> <p>Do we start with the whole school or just one class? How much yield will there be for a school? This can be decided by the Principal on a school-to-school basis; what works for them with the level of participation.</p> <p>Trustee Zapata wants to give campuses the option to encourage students, parents, etc. who can help with showing their custom ways of gardening.</p> <p>We met last week with surrounding area partners and received a lot of good information on what to do during the time when gardens are growing.</p> <p>There are many grants and foundations such as Robert Wood Foundation, St. David's, Austin philanthropists can also assist.</p> <p>Parents could start a go-fund me or other option to raise money.</p>	Mary Renfro, Co-Chair Nina Miller, SHAC Member Kurt Nauck, Community Member

	<p>Health and Human Services, Go Austin Vamos Austin, and many more are available.</p> <p>Lucinda Bailey, certified crop advisor: this is a system that has been used for over 55 years.</p> <p>Addison: How many schools currently have gardens?</p> <p>Nina Miller: said that it was not researched how many schools currently have gardens. A number of schools have started; we need to start a list of schools that have a garden or need help starting one.</p> <p>Stacy Smith: believes that many schools have gardens, but not sure how they are used. Govalle has an amazing garden right now; they have received grand money from several sources. Finding that is very difficult for teachers to integrate garden information into their classes. She would recommend talking with curriculum dept. for assistance on how to teach. Where can lessons be inserted and substituted for other lessons? We need to ask classroom teachers what they need.</p> <p>Nina Miller: would like to provide funding for all schools and support those that currently have gardens and need assistance.</p> <p>Mary: What are some plants that students have planted?</p> <p>Lucinda: In Spring: Cherry tomatoes, bush green beans, turnips, Swiss chard; In Fall: Kale, cabbage, lettuce, radishes with one bed, a 4 ft. x 30 ft. wide with 4 crops to a bed</p> <p>Alana: Who tends the gardens during Spring breaks and in the summer?</p> <p>Lucinda: Watering would be most critical. This can be automated with solar source and there are other ways. The crops do not need to be weeded in a week.</p> <p>Kurt Nauck: We will need full buy-in from the campus and need someone checking in on the gardens. During extreme heat, there is not much produce. Gardening is never guaranteed with weather, wildlife, etc. But Mittleider is predictable and reliable. Watering is critical but this system has their own process. No hoses or watering as PVC pipes are buried in the beds.</p> <p>Stacey: Many Title 1 schools have ACE, summer programs, but its dependent on someone who can oversee it. Is there a link for more information about the Mittleider method?</p> <p>Lucinda: Information can be found at www.texasready.net; Food for everyone Foundation owns this franchise. It has been used on every continent with success. Began with orphanages in impoverished countries. It uses 40% less water than most gardening systems; only need 1 minutes in morning and 1 minute at night for watering.</p> <p>Nina: will send proposal to SHAC members.</p> <p>Stacey: Can existing garden beds be converted to the Mittleider method?</p> <p>Lucinda: Yes</p> <p>Belynda Montgomery - If it's in the proposal, a year's worth of activity, getting a stipend written in to oversee ongoing harvesting, weeding, would help. Excitement is good in the beginning, but need ongoing support.</p> <p>Belynda: Takes a lot of commitment overtime and infrastructure getting gardens up and going. How much does it cost to build one?</p> <p>Nina: Grant money covers one year, but once garden beds are planted they can keep going so we can look for grants that are ongoing. Investment could be a 4 year project. I will send scenarios for schools with one bed or 5 beds depending on their needs. Schools can train people so after a year or two if enough people understand the system they can train others.</p> <p>Mary: Austin Education Fund is where teachers can apply for money.</p>	
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	<p>Stacey: Sustainability Dept. can also assist.</p> <p>Jose: Darrien Clary, oversees Environmental / Sustainability</p> <p>Nina: I will contact AISD's sustainability dept to work collaboratively. If kids are successful, we will gain steam and acceptance and excitement to roll it out at other schools. Hoping this will happen.</p> <p>Stacey: Teachers teach about growing seeds in the Spring, but stuff grows in the Fall.</p> <p>Kurt: It would be ideal to start in the spring and end in the fall.</p>	
6:56 pm	<p>Items from Members (Brief announcements, suggestions for future topics, recognitions, etc.)</p> <ul style="list-style-type: none"> • 2023-24 SHAC Priorities Discussion and Vote <p>3 SHAC members were nominated for Chairs for next year: Dr. Claire Selinger Dr. Nick Wagner Belynda Barkley Montgomery</p> <p>Mary: asked about SHAC priority areas to discuss for next school year?</p> <p>Juliette: would like to make some changes to AISD health forms and athletic exams. Alana can help with all questions. Recommended the following priorities: Outdoor Learning Mental Health Pride Week SPED students in Human Sexuality curriculum Access to water on school playgrounds as many water fountains are not working</p> <p>Nina: also prepared a proposal for School Fairs. Zilker Elementary has held school fairs for 5 years. They received positive feedback from families, students and vendors. This can be done with other schools. We can bring in farmers, nutritionists, meditation, physical & mental health vendors, etc. (all kinds of practitioners) and start with underserved schools. She will send the proposal to SHAC members.</p>	Mary Renfro, Co-Chair
7:00pm		
7:13 pm	Adjourn	Mary Renfro, Co-Chair