

Haskell CISD  
SHAC / WELLNESS UPDATE  
Meeting August 1, 2022

1:00 PM

1. HCISD is still following the nutritional guidelines set forth by the State and Federal Guidelines. The SHAC committee addressed concerns regarding HHS students eating off campus and questioned if we could close campus for grades 9-11 also. The students are going to Allsup's and Hop In and eating junk for lunch, which has zero nutritional value. HCISD is now a CEP district so all students eat free breakfast and lunch.
2. HCISD also provides Summer Meals during the month of June every year free of charge for ages 1 through 18. The district sees a need for students to have a choice of a balanced meal.
3. HCISD provides 45 minutes per day of PE for students in grades KG through 12. This exceeds the minimum requirement of 30 minutes per day required by TAC 19. HCISD participates in PFAI (Physical Fitness Assessment Initiative) Fitness Gram every year also. Basic health instruction is incorporated with PE classes and nutrition is discussed with all students.
4. HCISD continues to provide a clean healthy environment in each cafeteria. Signs and posters are displayed to promote healthy eating habits.
5. HCISD works with parents and the school nurse to insure the knowledge of those students with food allergies are known to all staff. Alternative foods are offered to the students with food allergies as per the doctor's instructions. EPI pens are also available from the nurse in case of an emergency situation.
6. HCISD has a dental program where the local dentist comes to school and looks at the students teeth at the Elementary School and the dentist gives advice when needed to the parents.
7. Our SHAC group does the Back-Pack program weekly at the Elementary School. This is a great program and it provides some students food for the weekend.
8. The local Wellness policy (FFA-Local) along with FFAF, FFAC, FFAA are periodically reviewed.

This report will be reviewed again at the next Administration/SHAC committee meeting which will be on December 21<sup>st</sup>, 2022 at 1:00 p.m.

Committee Members:

Lonnie Hise, Superintendent of Schools - Employee

Michelle Thane, District Programs Director – Employee/Parent

Billie Lindsey, District PEIMS Coordinator - Employee

Edgwyna Flores, District Child Nutrition Director - Employee

Christi Wheat, District Nurse – Employee/Parent

Tommy Rodriguez, Elementary PE Teacher – Employee/Parent

Betty Enriquez – Parent/Community Member

Belinda Lytle – HHS Principal – Employee/Parent

Kent Colley – HJH Principal – Employee

John Foster – Elementary Principal – Employee

Cathy Bartley – Community Member

Shalee Dunnam – Student

Colton Hopkins – Student



---

Lonnie Hise, Superintendent of Schools



---

Date

If anyone would be interested in being on the SHAC Committee, please call the Haskell Administration Office or stop by. 940/864-2602 or 605 North Avenue E, Haskell, TX.

Students, Parents, Employees and Community Members are encouraged to serve on this committee! This committee meets four times a year. We will meet in August, December, February and May of each year.

<b>Wellness</b>	The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.
<b>Development of Guidelines and Goals</b>	The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public. [See BDF and EHAA]
<b>Nutrition Guidelines</b>	The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. [See CO]
<b>Wellness Goals</b>	The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].
Nutrition Education	In addition, nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.
Physical Activity	The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC].  In addition, the District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
School-Based Activities	The District shall allow sufficient time for students to eat meals in lunchroom facilities that are clean, safe, and comfortable to create an environment conducive to healthful eating, and shall express a consistent wellness message through other school-based activities.
<b>Implementation</b>	The Superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

**Food Allergy  
Management Plan**

The District shall develop and implement a student food allergy management plan that includes the components below.

**General Procedures**

Procedures to limit the risk posed to students with food allergies shall include:

1. Specialized training for employees responsible for the development, implementation, and monitoring of the District's food allergy management plan.
2. Awareness training for employees regarding signs and symptoms of food allergies and emergency response in the event of an anaphylactic reaction.
3. General strategies to reduce the risk of exposure to common food allergens.
4. Methods for requesting specific food allergy information from a parent of a student with a diagnosed food allergy. [See FD]
5. Annual review of the District's food allergy management plan.

**Students at Risk for  
Anaphylaxis**

Procedures regarding the care of students with diagnosed food allergies who are at risk for anaphylaxis shall include:

1. Development and implementation of food allergy action plans, emergency action plans, individualized health-care plans, and Section 504 plans, as appropriate.
2. Training, as necessary, for employees and others to implement each student's care plan, including strategies to reduce the student's risk of exposure to the diagnosed allergen.
3. Review of individual care plans and procedures periodically and after an anaphylactic reaction at school or at a school-related activity.

**Distribution**

Information regarding this policy and the District's food allergy management plan shall be distributed annually in the student handbook and made available at each campus.

No employee shall give any student prescription medication, non-prescription medication, herbal substances, anabolic steroids, or dietary supplements of any type, except as authorized by this or other District policy.

**Medication Provided by Parent**

The Superintendent shall designate the employees who are authorized to administer medication that has been provided by a student's parent. An authorized employee is permitted to administer the following medication in accordance with administrative regulations:

1. Prescription medication in accordance with legal requirements.
2. Nonprescription medication, upon a parent's written request, when properly labeled and in the original container.
3. Herbal substances or dietary supplements provided by the parent and only if required by the individualized education program or Section 504 plan for a student with disabilities.

**No Medication Provided by District**

The District shall not purchase medication to administer to a student.

**Psychotropics**

Except as permitted by law, an employee shall not:

1. Recommend to a student or a parent that the student use a psychotropic drug;
2. Suggest a particular diagnosis; or
3. Exclude the student from a class or a school-related activity because of the parent's refusal to consent to psychiatric evaluation or examination or treatment of the student.

**Medical Treatment**

A student's parent, legal guardian, or other person having lawful control shall annually complete and sign a form that provides emergency information and addresses authorization regarding medical treatment. A student who has reached age 18 shall be permitted to complete this form.

The District shall seek appropriate emergency care for a student as required or deemed necessary.

WELLNESS AND HEALTH SERVICES  
PHYSICAL EXAMINATIONS

FFAA  
(LOCAL)

<b>Required Medical Clearance</b>	Prior to participating in a designated University Interscholastic League (UIL) program or other District extracurricular program identified by the Superintendent, a student shall undergo a physical examination annually and shall submit a statement from an authorized health-care provider indicating that the student has been examined and medically cleared to participate in the program.
<b>Additional Screening</b>	The District may provide additional screening as District and community resources permit.
<b>Referrals</b>	Parents of students identified through any screening programs as needing treatment or further examination shall be advised of the need and referred to appropriate health agencies.
Notice of Lice	A school nurse or administrator who discovers or becomes aware that a child enrolled in a District elementary school has lice shall provide written or electronic notice to parents within the time frames prescribed in law.