April 2022 SHAC Meeting Minutes

Date: April 26, 2022

Time: 12:30pm - 2:30pm

Location: Educational Development Center, Live Oak Room, 607 RR620 North, Austin, TX 78734

RECORDING of SHAC meeting

Attendees: *Amy Beckstead (CoChair)
*Shailagh Clarke
*Jennifer Fleck
*Ava Fletcher
*Preshansa Ganta
*Shimrit Goren-Bolotir
*Noofar Inbar-Alko
*Anu Koberg
*Sara Korzen
*Amber Schanan
*Sarah Tuthill
Annie Vilven
Corina Semph
Hugh Alexander
*Jennifer Lyon (Chair and moderator)
Stefani Allen
*Mak El-Hassan
*Joann Bryan
*GW Byers
*Danelle Zibilski
*Marissa Albers
*Ryan Mikolaycik
*Becca Harkleroad, RN
Lisa Prosper-Stevenson
(*Denotes SHAC member)

Minutes Recorded By: Lisa Prosper-Stevenson

Agenda Topics & Order:
1. Call To Order
2. Wellness Plan
3. Review Bylaws Changes
4. Social Emotional Learning Curriculum in Middle School (30-40 min)
5. Adjournment

Call To Order - Acknowledgement of meeting recording and brief name introduction by attendees and facilitators. Lake Travis Peace Officer did not participate in meeting discussion and was there in attendance only. Reminder to please sign in and follow meeting norms reviewed by the facilitator.
**Wellness Plan**

Marissa Albers, LTISD Dietician, shared general overview of current standing on Wellness plan policy. The Triennial Assessment Process has been up for review which assesses how well we are implementing the Wellness plan and following it in our schools. Results have been analyzed and are available in presentation.

*Presentation link*

Policy is periodically reviewed and approved with assessments made available to the public. This is a requirement by the Texas Department of Agriculture because as a district we participate in the National School Lunch Program. It affords us the opportunity to evaluate the policy, assess where we are, the challenges we face and subsequent growth as well as update the public on our standing.

The assessment lets us compare the written language of our policy to a model policy and uses the WellSat 3.0 evaluation tool.

Open floor to discussion:

- **Concern:** What is the status of possibly reopening the 9th grade annex cafeteria?

  The reopening of the annex cafeteria is a priority for the district. Staffing is the biggest challenge with 3 middle schools and 7 elementary as well as the high school being completely understaffed with every effort made to remediate the issue. Clarification was stated that the annex was chosen to be closed because those students still had access to meals via the main cafeteria.

- **Concern:** The policy states that the high school is limited on competitive foods and beverages and cannot offer the same products sold by FANS (Food and Nutrition Services). Is it being evaluated as a possible solution at the high school level? Is it possible to open up the campus for Junior students to go off campus for meals. Also is there any insight into changing the Schedule C lunch period. Some students are not able to eat until 3pm with that period assignment.

  The phrasing of “competitive” is regarding vending machines and related to Purchasing and unrelated to FANS purview.

  While the department is open to researching the idea of food trucks as an option, that is an issue related to finance and who funds the restaurant contracts, bids, etc. How to provide Free & Reduced Lunch availability within guidelines is also a concern.

  The lunch schedule is set by the administration but concerns will be formally shared with the master scheduling administration. 7 hour FANS employees currently have to stay over to serve late lunch periods so this is an issue being looked at by the department as well.

- **Concern:** For the assessment tool - Is representation needed from each campus? Are certain schools missing?

  Representation from each campus is appreciated and can be turned in to Marissa Albers.

- **Concern:** Some of the questions on the assessment are unknowns. How do we find out if taste testing occurred or if samples were offered.
Calling campuses and parents inquiring with their students will provide some insight into what requirements have been met. Meet the Teacher Night had samples at some campuses. Not every campus is provided with the same opportunities year to year. There can often be rotation in order to get input from different schools.

Concern: Who chooses menus and makes decisions on what ingredients are served? Staff have offered cookies to students going through the line. Are cookies and treats offered in order to make money? Many students are not eating lunch but buying snacks and sweets - cookies, ice cream, candy. Is there guidance to the staff on how to prepare food? Because it’s not appealing.

There is required training provided on preparation and strategic placement at front of line for unlimited fruits and vegetables. We are on a component based guidance system - we have to quantify ounces of grains, grams of protein, cups of fruit and most of that is accounted for through use of a segmented plate. While bowls would be more appealing they require different preparation and we are currently limited to heat & serve options. Staff and facilities are not set up not for scratch cooking at this time. Nothing fried is offered, baked only. We are also restricted by bid items so there is little flexibility. We are currently partnered with the Good Food Purchasing program and analyzing food sources and dollars spent setting goals for improvement and holding all manufacturers accountable for food received. We have joined with AISD to increase the size of our communal demand.

The current staffing limitations have been impactful to this as well with goals towards a larger level of change and working on progress back to where we were pre-pandemic and improvement from there.

Concern: High sugar content in all items and not just in treats. Even savory items seem to have a high sugar content. If we’re a school district and about education this is not good education on health for our students. Assessments of a wellness policy are not enough. Can we discuss with the staff to not encourage sweets? Alternatively, why are cookies & ice cream even available?

Each product purchased has to meet state restrictions and come from approved manufacturers. Covid impacted food plans dramatically across the country and in our district. Prior to the pandemic we advocated for farmer markets and local produce. The Good Food Purchasing company participation will increase the weight of our decisions and increase our options. If an item is purchased that is not on our bid sheet we can lose funding when audited. Any negative balance also creates issues. The FANS Director will be attending the upcoming MegaCon for the TX Department of Agriculture to find out the latest guidelines but until those restrictions are changed we’re limited on choices we can make.

The FANS Director shared that we are not allowed to restrict students unless specifically notified through parents via MySchoolBucks accounts. Some families do not want any restrictions on their students so it comes down to family choice. While some attendees did see LTISD staff encouraging good choices, emphasis should be placed on encouraging parents to put restrictions on lunch accounts during enrollment to My School Bucks. One solution recommended of creating a slide for teacher presentations during Back To School Night or a flyer informing parents of their options on restrictions and how to set up.

Concern: Can we get specific on what items are to be restricted? I.E. - one snack per week - only beef jerky or pretzels, no cookies or ice cream?
While restrictions are available, due to the size of the district it is hard to specify to that level.

General consensus shared that My School Bucks is appreciated and more education needs to be shared with parents on its availability and uses.
No other recommendations on policy change were made so a vote will occur at the next meeting on the wellness policy if necessary. Any recommendations on revisions or changes to policy can be sent to LTISD Dietitian Marissa Albers.

**Review By-Law Changes**

**By-Laws with Markups for Discussion**

Becca Harkleroad presented the current draft with input from attendees in the process of being updated to the live document. Any additional comments, suggestions and recommendations should be directed to Ms. Harkelroad for inclusion in the next draft for further discussion at the May 11, 2022 meeting.

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**Social Emotional Learning Curriculum in Middle School**

SEL Director Jennifer Lyon shared a reminder of resources shared on previous agendas and offered a re-statement of issues: Multiple reasons for re-consideration of Second Step. Not as engaging for our kids, not as much teacher buy-in as well as questions on appropriate content for our community.

Resulting questions for the SHAC to consider:
- Do we want to look for a new curriculum altogether?
- Do we want to use the mini lessons as a stop gap measure while looking for a new curriculum or just use that instead of Second Step at all?
- Or finally, keep the Second Step curriculum in place as is?

An inquiry was made into how much is the material offered and when in the school day?
Prior to 2022 it was offered during GO TIME for middle school students’, the 30 minute advisory period, once per week (26 times per year).

Legislative HB4545 focused on Accelerated Learning and took the GO TIME period so we were not able to do Second Step during that time. District couldn't ask social studies teachers to give up an additional 30 minutes of content time to teach Second Step. An Instructional Coach in the Curriculum and Instruction department helped develop mini lessons to meet content TEKS with 5 minutes per week folded into the Social Studies period.

General consensus was that attendees like the mini-lessons but prefer something more robust, perhaps pulling out pieces of Second Step curriculum to expand mini-lessons and taking advantage of cross-curricular benefit tying into social emotional learning lessons. Overall notice of mini-lessons being more engaging with more buy in from kids than generalized Second Step curriculum.

Concern: Has there been any feedback from teachers?

Teachers enjoy the mini-lessons. Administration hopes to potentially move it to a different curriculum area next year or somehow build into the master schedule to give it more time.

A reminder from the Director of SEL that social emotional learning is the pretreatment for mental health issues - the proactive part. More time and energy spent on Tier 1 and being proactive, the less issues we have with behaviors that are detrimental that require Tier 2 and Tier 3 engagement which ends up requiring more staff, more time and more intervention so the goal is balance.

Concern: Will it be possible to select the lessons we’ve had success with from the Second Step curriculum materials?

If there are lessons that the community determines are worthy we can potentially pull it out and add to mini lessons. Please email Director parts of Second Step that we like and we can use as a resource as we develop further mini-lessons to incorporate.

Concern: Will GO TIME be going back to normal in 2022-2023?

HB4545 is permanent so not for the foreseeable future.

Concern: Is it possible to peer group guidance groups similar to Kardivas offered at the secondary grades?

The possibility of having a high school group like PALS present the mini-lessons could be considered.

In review: We recommend as a SHAC that we do not want to use Second Step next year. We want to look at some pieces of it to enrich and make more robust the mini lessons that we in-house created this year. We’d like to continue to use those next year and maybe grow them into a curriculum. We recommend continuing to use parts of Second Step based on feedback from the committee and community on what pieces we like and want to incorporate.
Adjournment
Meeting adjourned with next meeting set as Wednesday, May 11, 2022.

The May 11th meeting will wrap up what needs to be voted on and presented to the school board related to By-Laws, Wellness Policy and any remaining thoughts on SEL recommendations on Second Step.

Agenda originally shared:

School Health Advisory Council

Lake Travis ISD SHAC Meeting

April 26, 2022 / 12:30 PM / LTISD Education Development Ctr, Live Oak Rm

AGENDA

1. Call to Order (5-10 min) please sign in
   - Meeting norms
     - Assume good intentions
     - Speak your truth
     - Step up and step back
     - Say just enough
     - Listen deeply and openly
   - Introductions: voting members and guests
   - Purpose: update and consideration of Wellness Plan; review bylaws; Middle School SEL Curriculum
2. Wellness Plan (45 min)
   - ACTION NEEDED: Wellness Policy Assessment Tool, to be completed by SHAC representatives for each campus before the SHAC meeting
     - Answer each question: “yes, no, or unsure”
   - Presentation
   - Triennial Assessment Process, overview
   - Local Wellness Policy, for review (can also be found on the website)
   - Wellness Plan, for review (can also be found on the website)
   - A "Policy to Plan" document, outlining the differences between the Wellness Policy and the Implementation Plan

3. Review Bylaws Changes (45 min)
   - LTISD SHAC bylaws revision overview
   - Draft of By-Laws linked here
   - Make comments directly on the document or email harkleroadb@ltisdschools.org

4. Social Emotional Learning Curriculum in Middle School (30 min)
   - Resources to Review on SEL
     - E-book - The Case for Social and Emotional Learning
     - Second Step Middle School
     - Current Lessons being taught in the 2021-2022 school year due to changes in scheduling for HB 4545
   - Discussion
   - Considerations for next school year (keep Second Step at MS, keep current lessons, or explore new curriculum options)

5. Adjourn
NOTES / ACTION ITEMS

- Review the materials linked prior to meeting
- Arrive prepared to discuss these items
- Complete Wellness Policy Assessment Tool prior to meeting

NEXT MEETING - May 11