



Location: Arrow Champions Cafeteria

Date: March 22, 2018: Thursday

Time: 5pm- 6pm

Facilitator: Ms. Harris, Ms. Curtis, and Coach Gill

Agenda Items

Welcome and Introduction

Review Minutes

Wellness Policy Discussion

PE Awareness

Community Representative Presentation

Open Floor for Comments & Questions

Any questions not asked during meeting or any information not received, please feel free to contact via email:

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SHAC Meeting

March 22, 2018

Meeting Minutes

- Welcome
 - a. Meeting was called to order at 5:00pm on Thursday; March 22, 2018
 - b. Ms Harris acknowledged previous members present and welcome new members
 - c. Acknowledged the efforts of everyone who help our recent event successful
- Read minutes from previous meeting
- Co-chair reported progress on the raffle ideas from last meeting. Voted and decided to table this ideas at this time.
- Distributed current Wellness Policy and discussed the afterschool feeding program, distributed menus and the color wheel of healthy food choices, "Eat Your Colors"
- Coach Gill presented the committee members, students, and attendees with 10 minute workout. Coach Gill suggested this is added to everyone daily routine to stay heart smart.
- Dr. Boston took the floor and discussed the value of health food choices and oral hygiene.
- Open Discussion
 - a. Discuss ways to get kids involved in the cooking process, not just eating
 - b. Making fruits and vegetables healthy habits
 - c. Create a walking with a prupose fundraiser