

**School Health Advisory Council
Academy ISD - Meeting #2
for SY 2021-2022
January 13, 2022 2:30pm
AISD School Board Room**



MEETING MINUTES

Meeting Attendees:

- Heather Thies, AISD SHAC Lead & Director of Nutrition
- Callie Poncik, Director of K-12 Instructional Support
- Amy Contrucci, AHS Counselor
- Michelle Copeland, AHS Counselor
- Nancy Sykes, AIS Counselor
- Chelsea Spinn, AES Counselor
- Lisa Weber, Parent
- Cydni Mauldin, Parent
- Tiffany Berry, Parent & Committee President

Meeting Facilitator: Callie Poncik

Notes taken by: Lisa Weber

Agenda provided, displayed on screen, meeting called to order

- I. Reviewed of Last Meeting Notes and made correction to elective credit statement, gave an update on action items from last meeting
- I. Reviewed the focus for each upcoming meeting, asked for suggestions to add to agendas
 - A. Physical Education- Meeting #3
 - B. Nursing- Meeting #3
 - C. Wellness Plan - Assessment- Meeting #4
- II. Focus Item- School Nutrition
 - A. [Current School Wellness Policy](#)
 1. viewed the school wellness policy posted on the AISD webpage, need to email the school policy to members prior to next meeting
 2. Look up SPARK and see if we can find the purchased materials
 - B. Scoring Sheets for Triennial Review of the Wellness Policy
 1. [Link 1](#)

2. [Link 2](#)

III. Focus Item- School Counseling

- Overall students struggling with how to handle emotions, depression
- Counselors are interested in having a motivational speaker come talk to the campuses

A. AES

1. Explained how Purposeful People works at AES, morning meetings, character traits of the month,

B. AIS

1. Morning announcements, activities listed on a calendar for teachers to do with students that focus on a character trait during Excel on SEL day

C. AMS

1. Specific days for CharacterStrong lessons by grade level, good feedback from students and teachers, engaging conversations

D. AHS

1. lessons sent out to teachers, can be given at anytime during the week in TCA, may need to be adjusted in the future to have higher success

IV. Open Discussion/Questions

V. Upcoming Meetings:

- A. February- 2/17 at 2:30pm
- B. March- 3/24 at 2:30pm

VI. Recommendations to be brought before the Board of Trustees, Closing Comments, Adjourn Meeting

- A. Motion- Tiffany Berry
- B. Second- Heather Thies