

Liberty Hill ISD SHAC Meeting
October 11, 2018, 5:30 PM LHES

1. Welcome

In attendance: Heather Konesheck (chair), Jeri Hall (Liberty Hill Chamber of Commerce), Kasey Faurie, Mary Sheffield, Summer Neary, Christina Gamez, Rosalinda DiTommaso,

2. Public Comments -- Please sign up beforehand, and limit comments to 3 minutes. There were no public comments during the meeting.

3. Food Nutrition Update, Mary Sheffield, Child Nutrition Service Director

- 2012 Healthy Hunger Free Kids Act, new policies on calories.
- 2014 law focused on Smart Snacks -- Federally mandated, sets requirements on what can and can't sell during school day from midnight -- 30 minutes after school. Snacks were shared and calorie, sodium, sugar requirements were explained. All items must begin with whole grain, fruit, etc in order to be sold.
- FundRaiser Regulations -- If sold during school day, must meet Food Nutrition requirements set by Smart Snacks laws. Exceptions are items sold but can't be consumed until after school (i.e. frozen foods)
- Three exempt days are provided and schools must determine those in advance
- HS allowed more because of items such as district track meets, etc.
- Snacks are sold during day because Food Services is only self-funded department in school district
- Parents can set Skyward regulations to prevent students from purchasing snacks or allow on specific purchases
- Ice Cream is sold one day/week at elementary campuses
- Shared information about So Happy app parents can download on phone

4. LH PE Update, Kasey Faurie & Christina Gamez

- Lexi Simpson hired as PE Certified Teacher as travel coach @ Burden and Rancho
- High expectations from PE department, public relations on each campus goes through
- Year at a Glance PE is available online for all coaches to collaborate. Year at a Glance is also available online for parents to view

- PE programs may not be exactly the same on each campus due to varied identities on each campus
- PE priority is a district because of love of sports and athletics
- Preparing for growing size -- RSE has PE every other day, LHE and BBE have PE daily
- High School PE -- noticing less girls involved in PE, possibly due to dance, after school activities, waivers

5. Liberty Fit Planning

- Community made comments on social media during homecoming about bringing back Liberty Fit
- Liberty Fit is booth sponsored with door prizes, student activities, etc. Booths are sponsored by health and community organizations
- June meeting -- three members attending and made decision not to hold Liberty Fit in fall because lack of Decision making
- Should event take place during another community event?
- Fun Run to kick off event?
- 5K as part of event
 - Consider Lion's Club to run 5K
 - Many roads won't close because Williamson County
- Community gathering to raise awareness for raising healthy kids and families?
- How might we leverage events taking place during community
- Health, Wellness, and Safety Fair as comprehensive approach
- Can Liberty Hill be the "*Happiest, Healthiest, Friendliest*" town in Texas
- Vendors were focused on adults, versus kids
- Chamber of Commerce is here to support (Jeri Hall)
 - Ready to support by bringing in businesses
- HEB Challenge ends March 3
- Liberty Fit Proposed Date
 - September as a "Welcome to LH" (May reach out to PitCrew to support)
 - Date will be in early September
- Committee will determine fundraising purpose
- Committee

- It's Time Texas Community Challenge HEB
 - Consider this option as separate from Liberty Fit
 - Mr. Mabry volunteered to support this event
- Increase parental involvement

Reaching out to parents -- PTO

Liberty Fit Planning meeting on November 7, 5:30

6. Future Meeting Dates:

December 13, 2018, Liberty Hill ISD Training Room

February 7, 2019

April 11, 2019