April 9, 2015

SHAC Minutes

Meeting opened at 6:35pm

Approval of January 8, 2015 minutes: Amy Marland makes motion to approve minutes and James Shoemake seconds the motion.

In Julie Blankenship’s absence, Kathy Johnson ran the meeting.

Our guest speaker this evening is Christine Williams

Cornell University Cooperative Extension Program

Choose Health: Food, Fun and Fitness

Helps kids choose healthier foods and drinks, label reading

Boys and Girls Club McKinney Zumba classes plus this education program

County Jail Zumba services and weight loss classes

Series of lessons (12 lessons) geared for 8-12 yr olds, Christine will come out to work with the children at any safe facility. Free program.

A teacher or PE teacher can do these lessons.

Kathy Johnson thought this might be a good reference for all AN positive screened students. Amy Marland agreed that this would be good at the Title 1 campuses and Chris Schell agreed that this would be a great program for the families at the Homeless Shelter.

Pop Sugar website for exercises sitting in a chair

Kathy suggested that Partners PE and PALs kids can learn this program and teach it to their classes. Amy suggested Club 360 as well.

Christine stated they offer other programs like money management for kids, even as young as Pre-K.

Jean suggested working with CIS to help families in need. Chris suggested even working with Rebecca and the pregnant teens.

Chris asked if summer food programs were set yet. James stated that Vega Fabian and MHS will be the Free Breakfast and lunch summer program sites.

Meeting adjourned at 7:06pm