



School Health Advisory Council

Charles Brady-Chairman

February 27, 2017



Agenda

Review of Charge

Review of Packet

Meeting # 1 Review

Information Session 2:

- Food Services
- Health/ Physical Education & Athletics

Other Information Requested

Next Meeting: March 20, 2017



The Charge



Committee Role:

- Assist the District in ensuring that the local community values are reflected in the District's Health Education Instruction.



Committee Goals:

- Review and consider evidence-based strategies and techniques and develop nutrition guidelines and wellness criteria.
- Develop a wellness plan to implement the District's nutrition guidelines and wellness criteria.

School Health Advisory Council



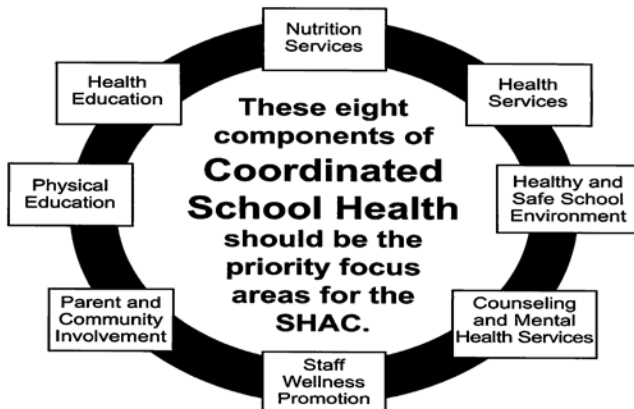
A Guide for Texas School Districts

This guide is designed for:

- School districts
- School board members
- Any community member
- Other stakeholders interested in SHACs

This guide focuses on:

- Basic principles of the SHAC
- Function of a school district SHAC
- Recruitment & orientation of new SHAC members





Meeting #1 Review

- Introductions
- Reviewed the Charge to the committee
- Presentation on Health Services-A. Minnerly
- Committee requested information on:
 - 8 components of a Coordinated School Health Program
 - Safety Drills & Safety/Security Audit
 - Employee Wellness Program
 - Psychological Counseling
 - School Start Time



Information Sessions

Food & Nutrition Services

Jackie Anderson-Director

Health/ Physical Education & Athletics

Kevin Ozee-Director

School Health Advisory Council
2017

AISD Food & Nutrition Services

Jackie Anderson, Director



Vision:

AISD Food & Nutrition Services, working together, to deliver the nutritional building blocks for the foundation of student learning with outstanding service.

Motto:

"Achieve Today. Excel Tomorrow."

Mission:

To support the educational process and improve the health and well-being of every student by providing nutritious, wholesome, high quality meals in a friendly, courteous manner.



Food & Nutrition Services

Goals

- **To offer nutritious, appetizing and eye appealing meals**
- **To serve an interesting variety of foods to help the child extend his/her list of acceptable foods**
- **To educate the students and general public in good nutrition and good food habits**
- **To maintain safe, sanitary conditions for food preparation resulting in product of the highest possible quality**



Food & Nutrition Services



Goals

- **To encourage each employee of the FNS Department to become a professional, dedicated to the cheerful service of the community**
- **To conduct this program in an economical, business-like manner at a minimum expense to the student and the taxpayer**
- **To comply with all local, state and national guidelines for school food service**



Food & Nutrition Services

AISD Demographics 2017

- **Student population (62,042)**
- **Free & Reduced (70%)**

Food Service Facts

- **FNS Employees (637)**
- **Budget (\$34.7 Million)**
- **Kitchens (75) Serving Schools (76)**
- **Food Service Warehouses (2 locations)**
- **Vehicles (20)**



Food & Nutrition Services

***Food Service* Central Office Team**

- **Nutrition**
- **Technology**
- **Finance**
- **Operations**
- **Compliance**
- **Warehouses**
- **Maintenance**
- **Purchasing**



Food & Nutrition Services

Participation

Students Served Annually:

- **3.2 Million Breakfasts (18,000 per day)**
- **7.1 Million Lunches (40,000 per day)**
- **40,000 Reimbursable Snacks**
- **18,862 Supper Meals (Estimated for 2016-2017)**
- **237,584 Summer Meals 2016 (Breakfast, Lunch, Snacks & Supper at 54 sites)**



Food & Nutrition Services

AISD Food Service Program

Considerations



■ Student Preferences

■ Healthy Menus

■ Budget

■ Operations

Food & Nutrition Services



Budget - Expenditures

- **Self-Supporting: No dollars from AISD General Fund**
- **FNS contributes \$1.9 Million for indirect costs to General Fund**
- **Enterprise Fund**
- **\$34.7 Million Dollar Budget**
- **\$1.3 Million annually to replace food service equipment**



Food & Nutrition Services

Budget - Expenditures

- Food Service has funded numerous campus capital improvement projects in addition to the large equipment purchases:

Seguin HS, Martin HS, Lamar HS

Washer and Dryers at all locations

5,000 Sq. Ft. Warehouse Freezer

Walk-ins at Knox, SHHS, Remyense, TPE/Gunn

- We provide Free Breakfast at 38 schools regardless of eligibility as per unfunded mandate Senate Bill 376



Food & Nutrition Services

Budget - Revenue

- **Revenue is generated from meals served (federal reimbursement & student payments), a la carte items sold and catering**
- **Programs: National School Breakfast, National School Lunch, Afterschool Snack, CACFP Supper and Summer Food Service Program**
- **Program audited by internal, external, United States Department of Agriculture (USDA) and Texas Department of Agriculture (TDA)**



Food & Nutrition Services

Meal Prices

Breakfast Prices

All Students - \$1.25

Reduced - \$.30

Adults - A la Carte

Lunch Prices

Elementary Students \$2.55

Secondary Students \$2.80

Reduced \$.40

Adults - \$3.45

Meal Prices are set according to the Price Equity Adjustment Worksheet required by USDA. No Federal funds are provided for adult meals.



Food & Nutrition Services

AISD Charge Policy

- **All students will be allowed to charge two meals on their account**
- **Charges will be taken out of any future payments. Cafeteria Managers will run a low balance notice weekly or more often if necessary for teachers to distribute to students**
- **No tray will be taken from a student, therefore additional charges can occur**



Food & Nutrition Services

AISD Charge Policy

- **Cafeteria Managers are to work with the Principal to contact the parent and assist with students that are without money or lunch on a regular basis**
- **According to USDA regulations, the Food Service Department cannot incur “bad debt”**



Food & Nutrition Services

Operations

- **Offer Variety of Menus (7)**
Elementary, Jr. High, High School,
Alternative School, ACHS, Express
Breakfast School, Kooken
- **Grab 'n Go Breakfast Available at all
schools**
- **Special Diets for approximately 350
students**
- **FNS Warehouses each make 79 deliveries
weekly**



Food & Nutrition Services

Healthy Menus

Must comply with all USDA & TDA regulations:

- **Calorie minimum and maximum, sodium levels, limits on saturated fat, meal patterns and serving sizes, specific grade level requirements for each type of program**
- **Lunch consists of 5 components of fruit, vegetables, grains, meat/meat alternate and milk- must take 3 components**
- **Breakfast has to have 4 items offered- must take 3 items**



Food & Nutrition Services

Healthy Menus:

- ***A required daily serving size of vegetables plus a weekly requirement for specific colors- must have a dark green, red/orange, beans/peas (legumes), starchy and other vegetable subgroups***
- ***Fat-free (unflavored or flavored) or unflavored 1% low-fat milk only***
- ***Weekly meat/meat alternate ranges plus a daily requirement***



Healthy Menus



- A required daily serving of fruit and/or vegetable
- *Fruit serving requirement allows 100% fruit juice to be offered only as ½ or less of the amount of the total fruit servings offered*
- *All components offered must be whole grain*
- *New meal pattern for only Pre-K students will go into effect October 1, 2017*

Make the
Grade
with SCHOOL BREAKFAST



Food & Nutrition Services

Healthy Menu

- **Products must have product analysis statements from company or a USDA approved Child Nutrition (CN) label in order to be sure the items meet requirements**
- **Menus must meet USDA worksheet targets for nutrition per grade levels**



Food & Nutrition Services

Student Preferences

- ***Offer 2-3 Entrée Choices for elementary, 3-4 for junior highs and 5-6 for high schools***
- ***Offer familiar products***
- ***Offer name brand items & trends in retail***
- ***Conduct student taste testing***
- ***Offer variety of products that appeal to the majority***
- ***Offer products to compete with open campus at high schools***
- ***Offer different menus for grade levels***



Food & Nutrition Services

The District Established Food Guidelines:

- **All foods shall be commercially prepared and the nutritional information shall be available for products offered in snack bars, a la carte, in vending and in school stores**
- **Any foods and/or beverages sold in the secondary schools to students during the school day, with the exception of the six exempt days, must comply with the USDA Smart Snack regulations and must not be offered in competition with school meals**



Food & Nutrition Services

The District Established Food Guidelines:

- **Foods that do not comply with USDA Smart Snack guidelines may be sold on exempt days and only after the school day, beginning 30 minutes after the end of instruction, unless the food is not meant for consumption at school (e.g. cookie dough to be prepared at home)**
- **Food shall not be used as a reward or punishment for student behaviors, unless it is detailed in a student's individualized education plan (IEP)**



Food Service Options for Schools

- **Principals can order Smart Snack compliant foods and beverages from the Cafeteria Manager at cost**
- **Principals can request special pizza parties and/or meals for students catered by food service in classrooms or other venues**



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Food & Nutrition Services

***Customer Satisfaction is
the driving force of our
food service operation...***



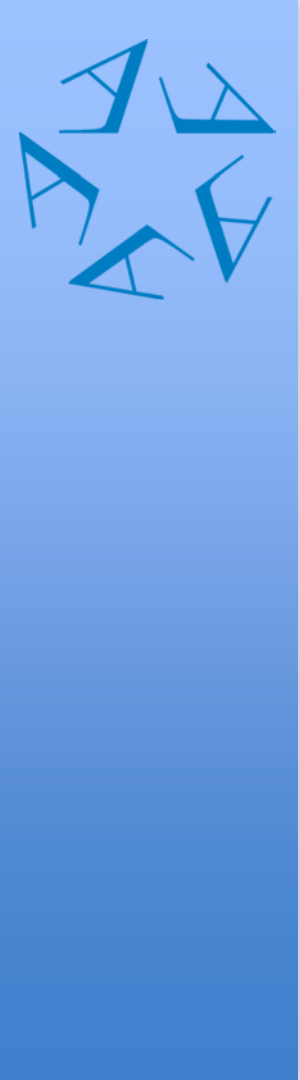
Food & Nutrition Services

Any questions?



Thank You!





Arlington ISD Athletics

Kevin Ozee, Director
Presentation to the
School Health Advisory Committee
February 27, 2017



Our Mission

To be the premier, multi-school, education-based athletic, physical education, and health education program in the nation.



Objectives

- Promote improvement through self-evaluation
- Retain, attract, and hire exemplary coaches
- Promote consistency and unity throughout the Athletic Department
- Increase parent and community partnerships with the Athletic Department
- Increase faculty/staff awareness and involvement with the Athletic Department
- Maintain a high level of expectation for success
- Use athletics as a tool to prepare our student-athletes for the future
- Increase scholarship opportunities for student-athletes
- Promote athletic programs and activities with aggressive communication
- Win championships with class and character



Participation

ATHLETICS

- Grades 7-12, over 15,000 with almost 10,000 non-duplicate participation.
- 39% of all 7th-12th graders.
- 45% of 7th & 8th graders.

PHYSICAL EDUCATION

- K-6, 100%



Other Cool Stuff from Athletics & PE

- Off-Campus PE
- Emerging Sports, i.e. Archery
- More vertical alignment between 1st-6th grade PE and Athletics
- In very, very early planning stages, AISD K-6 sports leagues
- April 22nd at Cravens Field= AISD Athletics Paralympic Meet
- May 2017, Three-Day Athletic Orientation for rising 7th graders at each junior high school and HS MACs.



7th-12th AISD Athletic Coaches

- 360 total
- All are AISD full-time employees
- All are CPR, AED, and First Aid certified
- All are trained in concussion protocol management
- All are trained for severe-weather situations and heat related situations

The logo for AISD (Austin Independent School District) is located in the top left corner. It consists of five blue, stylized letters 'A' arranged in a circular pattern, with each letter slightly overlapping the one next to it.

AISD Athletic Trainers

- Licensed by the State of Texas as allied medical professionals to treat “a person who participates in an organized sport or sport-related exercise or activity, including interscholastic, intercollegiate, intramural, semiprofessional, and professional sports activities”
- Two at each high school, 12 total.
- Serve the high school cluster and attend many events year-round. Maybe the hardest working individuals in AISD.
- All are CPR, AED, First Aid trainers
- All must obtain annual continuing education hours specific to sports medicine



AISD Physical Education Teachers

- In 7th-12th, most are athletic coaches
- K-6 all are CPR, AED, First Aid Trained
- HS Cluster Coordinators for PE
- AISD Athletic Department provides staff development annually



Processes to Protect Student-Athletes

- All AISD student-athletes must have a cleared participation physical annually. UIL rule is only 7th and 9th grade
- Concussion Management Team
- Partnerships with local hospitals and doctors
- *Coming Soon-* AISD Athletics Medical Advisory Committee. Will consist of doctors and medical professionals from different specialties who will provide guidance on best practices to keep athletes safe.
- Weather Safety Plan for all Athletic Events and Physical Education Classes
- Athletic Trainer, EMT, or contract trainer at every home athletic event



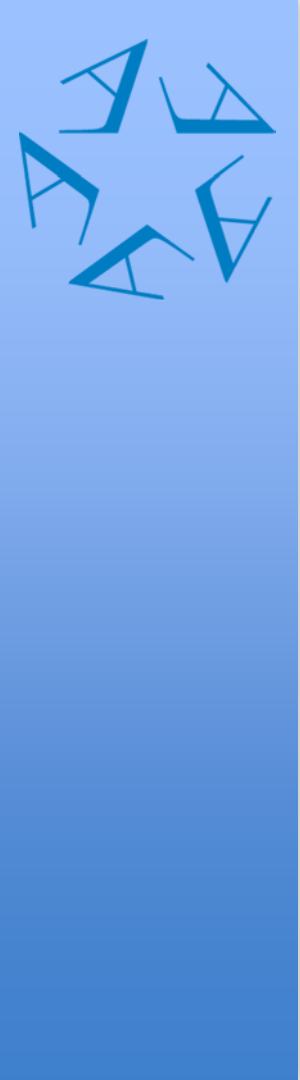
Other Initiatives Within AISD Athletics that Relate to Student Health

- Partnership with AISD Nutrition to provide meals
- Dallas Cowboys' and TCU's athletic nutritionist consults campuses to provide information for students, parents, and coaches
- Best practices for dealing with injuries and infectious diseases, i.e. staph infection
- Administration of the Fitness Gram Test and Data Entry



Compelled Commitment

**There is nothing more
powerful than a
UNITED TEAM on a
COMPELLING MISSION**



Thank you for your continued
commitment and service to AISD.



Questions



Next Steps

Meeting on March 20, 2017

Information Session 3:

- Safety & Security: James Smith-Manager
- Counseling: Nell Fielding-Director
- Support Services: Tori Sisk-Coordinator
- Employee/Staff Wellness: Scott Kahl-Assistant Superintendent
- Parent/Community Involvement: Aaron Perales-Director