

6. Other items discussed:

*Physical Ed staff have a scale that measures BMI (body mass index) to identify at risk children. They measure height, weight and the scales give the BMI. They hope to use these to track students from 1st grade through 12th, to mark the trends. Normal BMI = 17-18 / Overweight = 27-29

*Whitney Sparks, Miss West Texas 2009, spoke to students about nutrition.

*Nutrition Nuggets is a publication Cynthia Andreas makes available and is given to each student. It has great ideas and information on nutrition, exercise, etc. (Cynthia shared that every school meal must consist of: 1 milk / 2 oz meat, cheese, eggs or beans / fruit & vegetables $\frac{3}{4}$ cup minimum from 2 sources / bread.)

7. Next Meeting will be Monday, February 15, 2010 at 5:30 in the Administration Building. (We will have results of our first survey to review.)