



Space Family Education, Inc.

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SFEI Board of Directors General Meeting Minutes March 29, 2024

1. Opening Comments:
 - 5/5 Board members present (1 virtually), Director Karen Holt presented Director’s Report.
2. Director’s Report:

Director’s Report: Monthly Board of Director’s Meeting 3/29/2024 Reporting Month of February 2024

Director: Karen Holt

-Health & Safety- February 2024

- -Mishaps- none
- -Illness-
 - Flu: Rooms 2,4
 - Strep:
 - Covid: Room 7,3
- -Licensing Reports-
 - Monitoring Inspection
 - Garbage bag on patio
 - New hire eligibility
 - Corrected immediately.
- JSC Reports – none

Income:	February
Tuition, Supply Fees	128,139
Fundraisers, Donations, State Grants, Membership Dues	2,591
Total Income	130,730
Expenses:	
Salaries	(95,810)
Employee Benefits	(17,505)
General Operating Exp	(33,793)
Total Expenses:	(147,108)
Budget Income/Deficit	(12,950)
Actual Income/Deficit	(16,377)

-Financial –

- Enrollment for February is 131
- Liability Ins. \$4k +
- YTD on budget with Federal Grant

-Operations –

- Bus repair: new Transmission Control Module purchased, tested, re-calibrated, re-test next wk
- Space Act Agreement renewal process initiated (renews 6/26/2024)

-Enrollment- Current

- 03/29/24 131/127
- Openings in PreK 3's and 4's

-Staff- February

- Professional Development: Discipline and Guidance, SFEI Handbooks
- Update on Room 8 Lacey Harden: Return date unknown.
- Floater Mary Hodges returned from leave
- Room 8 teacher Dedra Crawford resigned due to move
- Room 2 new hire Paulina Paredes resigned due to health

-Special Events-February

- Undies for Everyone w JSC Parenting ERG
- Class and Graduate Pictures
- Parent's Night Out
- Trail Riders and Go Texan Day

-Looking Ahead-

- March 29 Spring Parties and Egg Hunt
- April 14 Parent's Night Out
- April 19 St. Jude Trike-A-Thon (Rooms 4-9: 9:00-12:00)
- May 10 Muffins in the Morning
- May 16 Pre-K Graduation at the Gilruth Center 6:00pm
- June 03 Summer at SFEI begins!
- June 14 Donuts with Grownups
- June 14 Parents Night Out 5:30-10:30
- June 19 Juneteenth – SFEI Closed
- July 04 Independence Day - SFEI Closed
- July 12 Parents Night Out 5:30-10:30

3. Financial Report – Discussed along with Director's Report

4. Action Item Status

- None

5. Public Comments, Future Agenda Topic Proposals

- None

6. Special Topics

- Karen Holt: SFEI Menu Selections & Considerations
 - Discussion Notes:
 - No USDA guideline related to salt/sodium content.
 - Suggestion to try potatoes & sweet potatoes
 - Suggestions to look at organic options, especially for items with higher levels of pesticides (ex: blueberries, strawberries).
 - Eggs as a possibility. SFEI recently stopped serving eggs due to the proportion of young children with egg sensitivities. There was discussion in the room about considering bringing back eggs
 - Comment related to overall diversity of the menu. Ex: once/month do a day or a meal inspired by a different country. Help serve the diversity that exists at JSC. Ex: Mediterranean, Asian, etc.
 - Discussed seafood options.
 - Cinnamon Wright volunteered to do a Costco cost comparison – would welcome additional help from other members/parents!
- Ann McKittrick: Screen Time

7. Proposed 2024 Meeting Dates:

- April 26, 2024, 4:00-5:00
 - Special Topic: Food options – what to offer so kids will eat healthy (Ann McKittrick)
- May 31, 2024, 4:00-5:00
 - Special Topic: Delayed gratification – how to help your child with this (Ann McKittrick)
- June 28, 2024, 4:00-5:00
- July 26, 2024, 4:00-5:00

Meeting Attendance:

- Director

Karen Holt
- Board

Cinnamon Wright
Monica Sheth
Nick Meyer
Rebecca Rapp
Carly Meginnis
- Members

James Reill
Kirstyn Johnson
Coralys Batista

Fernando Galaviz
Nathan Fraser-Chanpong
Jeremy Hart
Khadijah Shariff



2024 USDA Guidelines

and Food Service Information

Meal Patterns

► Breakfast

	Ages 1-2	Ages 3-5
Milk	4 fl oz	6 fl oz
Vegetable, Fruit, Both	¼ cup	½ cup
Grains	½ oz	½ oz

► Lunch

	Ages 1-2	Ages 3-5
Milk	4 fl oz	6 fl oz
Meat/Fish/Alt Protein	1 oz	1 ½ oz
Vegetable	1/8 cup	¼ cup
Fruit	1/8 cup	¼ cup
Grains	½ oz eq	½ oz eq

Meal Patterns

▶ Afternoon Snack

	Ages 1-2	Ages 3-5
Milk	½ cup	4 fl oz
Meat/Meat Alternative	1 oz	1 ½ oz
Vegetable	1/8 cup	¼ cup
Fruit	1/8 cup	¼ cup
Grains	½ oz eq	½ oz eq

- ▶ 2 of the 5 components are selected for snack.

USDA Variety and Options

- ▶ **More Whole Grains**
 - ▶ 1 serving of whole grains is required per day.
- ▶ **More Protein**
 - ▶ Meat alternates may be used as a substitute for the entire grain component during breakfast 3 times per week.
- ▶ **Less added Sugar**
 - ▶ Breakfast cereals must contain no more than 6g of sugar per dry oz.
 - ▶ Current offerings (Cheerios, Kix, Special K, Oatmeal, Granola) have no higher than 0.24g/oz
 - ▶ Yogurt must contain no more than 23g of sugar per 6 oz.
 - ▶ SFEI serves whole milk vanilla yogurt
- ▶ **Greater variety of Vegetables and Fruits**
 - ▶ 100% fruit juice is limited to once per day. **(SFEI restricts to twice per month)**

Preparation Constraints

▶ Preparation Methods

- ▶ On average preparation and cooking takes place for 120 students
- ▶ Vegetables and Fruits
 - ▶ Current fresh offerings - zucchini, yellow squash, mandarins, blueberries, apples, bananas, oranges, strawberries, cucumbers, carrots, **fruit smoothies, mango,**
 - ▶ Take on average 1 time prepare including washing, inspect, cut/dice, measure
 - ▶ All canned produce is done so in 100% fruit juice or water.
- ▶ Meats
 - ▶ All Meat products are CN (child nutrition) labeled.
 - ▶ Current fresh/homemade offerings - Baked Chicken, BBQ Chicken, Teriyaki Chicken, Tacos, Chicken Spaghetti, Spaghetti and Meat Sauce
 - ▶ Fresh offerings take on average 2 hours time to wash, inspect, cut, season.
- ▶ No items may be fried per USDA.

Preparation Constraints Cont.

▶ Time

- ▶ Breakfast - 1 ½ hour
- ▶ Morning Snack - 1 hour
- ▶ Lunch - 2 hour
- ▶ Afternoon Snack - 1 hour



Current Suppliers and Offerings

▶ Janco

- ▶ Canned Fruit - diced pears, diced peaches
- ▶ Grains - sliced wheat bread
- ▶ Dairy - cream cheese, American cheese, Alfredo sauce
- ▶ Paper/gloves/plastic

▶ Sysco

- ▶ Canned Vegetables and Fruit - Apricots, Pineapple, Mandarin oranges, Mixed fruit, Applesauce
- ▶ Chicken - Breast Patties, Grilled Patties, Nuggets, Tenders
- ▶ Beef- Ground Beef Crumbles, Hamburger Patties
- ▶ Other meats - Sliced Turkey Cold-cuts, Chicken Corn Dogs, Bacon, Sausage
- ▶ Frozen Vegetables - green beans, peas, carrots, broccoli, mixed vegetables, squash, corn, beans
- ▶ Grains - Buns, Muffins, Bagels, Waffles, Pancakes, French Toast, Garlic Bread
- ▶ Dairy - Butter
- ▶ Cleaning supplies

Current Suppliers and Offerings - Cont.

- ▶ Oak Farms
 - ▶ Whole Milk, 1% Milk - No artificial growth hormones
- ▶ Kroger/Walmart
 - ▶ Fresh Fruit and Vegetables
 - ▶ Grains - Crackers, Cereal, Granola, Pasta, Veggie Straws
 - ▶ Dairy - Cream Cheese, String Cheese, Yogurt
 - ▶ Dips - fruit jam, wow butter
 - ▶ 100% Fruit Juice
- ▶ No Current Supplier restrictions or contracts

Current Whole Food Offerings

- ▶ Red Seedless Grapes
- ▶ Strawberries, Blueberries, Blackberries, Raspberries
- ▶ Bananas
- ▶ Oranges
- ▶ Apples
- ▶ Cantaloupe
- ▶ Dried Cranberries, Raisins
- ▶ Garden Salad
- ▶ Cucumber
- ▶ Zucchini
- ▶ Celery
- ▶ ~~Eggs Removed~~
- ▶ Whole Milk Vanilla Yogurt
- ▶ String Cheese
- ▶ Cheddar Cheese Slices



New Ideas and Recipes Welcome

- ▶ Wow Butter
- ▶ Mac & Cheese
- ▶ Need seasoning ideas for rice
- ▶ Smoothies
- ▶ Veggie dips
- ▶ Reducing preservatives





Screen Time

Finding Balance in the Digital Age

Screens are everywhere. From TVs to tablets, smartphones to laptops, children are growing up surrounded by technology. While screens offer opportunities for learning and entertainment, too much screen time can lead to various problems.

The Problems with Screens

Research has shown that excessive screen time and exposure to low-quality content can lead to:

- **Obesity:** Spending too much time in front of screens often means less physical activity, contributing to weight gain.
- **Sleep Issues:** Screen use before bedtime can disrupt sleep patterns, leading to inadequate rest.
- **Behavioral Problems:** Excessive screen time has been linked to attention issues and behavioral challenges.
- **Developmental Delays:** Young children need unstructured playtime for healthy brain development. Too much screen time can hinder language and social skill development.
- **Violence and Aggression:** Exposure to violent content can impact a child's behavior and perception of the world.
- **Attention Difficulties:** Excessive screen time may contribute to attention problems in children.

Read up on it:

[Effects of Excessive Screen Time on Child Development: An Updated Review and Strategies for Management - PMC](#)

[How Much Screen Time Is Too Much For Kids?](#)

[Too much screen time for young kids linked to sensory differences: JAMA Pediatrics study - ABC7 New York](#)

[Sensory Processing Issues Explained](#)

Creating Healthy Screen Time Habits

Here are some tips for managing screen:

- **Limit Screen Time:** Follow guidelines from experts. For children under 18 months, avoid screens except for video chatting. For ages 2 to 5, limit screen time to 1 hour of high-quality programming per day.
- **Quality Over Quantity:** Focus on the quality of content rather than the amount of time spent. Choose educational and interactive programs.
- **Parental Supervision:** Be present and engaged during your child's screen time. Watch programs together, discuss content, and teach critical thinking skills.
- **Observe Your Child:** Do you see behavior changes after screen time?
- **Set Clear Rules:** Establish rules for screen time, including time limits, tech-free zones, and guidelines for appropriate behavior.
- **Encourage Offline Activities:** Balance screen time with unstructured play, outdoor activities, and family bonding time.
- **Monitor and Communicate:** Stay informed about your child's online activities, discuss online safety, and teach digital literacy skills.

Teaching Digital Literacy

Prepare your child to navigate the digital world responsibly:

- **Critical Thinking:** Encourage skepticism and teach your child to evaluate online information critically.
- **Online Behavior:** Discuss appropriate online behavior, including the importance of privacy, respect, and avoiding cyberbullying.
- **Lead by Example:** Be a positive role model for your child by demonstrating healthy screen habits and responsible online behavior.

Things to do instead:

[Our Top Alternatives to Screen Time](#)

[Don't Pass the Phone: 7 Alternatives to Screen Time](#)

[Screen time and children: How to guide your child - Mayo Clinic](#)

