



SHAC MEETING MINUTES

Below are the meeting minutes from the SHAC (Student Health Advisory Council) committee meeting.

Meeting Information:

The SHAC meeting took place on Wednesday, October 20, 2021 from 12:00-1:00 PM virtually and in-person at the GISD PDC.

Meeting Attendees:

Virtual: JR Chester, Nancy Paschal, Lisa Olsen

In Person: LeeAnn Stephenson, Laura Vayda, Renee Kotsopoulos, Christy Adams, Jonathan Armstrong, Elizabeth Kiertscher, Sabrina Jeter, Jennifer Miller, Jenny Eyer (AHA)

Committee Purpose:

The TEA requires all school districts to establish a district School Health Advisory Council, TEC Chapter 28, Section 28.004. SHAC is a group of members representing segments of individuals of the Garland ISD community, district employees, and parents appointed by the Board of Trustees. The SHAC assists in addressing the physical and health needs of students in Garland ISD. The SHAC plays an important role in communicating the connection between health and learning to school administrators, parents, and community stakeholders. The SHAC assists the district in ensuring that local community values are reflected in the district's coordinated school health program. Coordinated school health focuses attention on the priority areas that include student nutrition services, health services, a healthy and safe school environment, counseling and mental health services, employee wellness, family and community engagement, physical education, and health education for the most effective way to meet the health needs of district's students.

Goals:

Goals will be set for the SHAC committee for the 2021-2022 school year at the December 8, 2021 meeting. The committee will also review the 2020-2021 recommendations.

Responsibilities:

The SHAC must hold 4 meetings each school year. A school district MUST consider the recommendations of the SHAC before changing the district's health education curriculum or instruction. The SHAC will provide a written annual report to the Board of

Trustees each school year. A majority of the members must be persons who are parents of students enrolled in the district and who are not employed by the district.

Meeting Dates:

Meetings conducted virtually and in person.

- October 20, 2021
- December 8, 2021
- February 16, 2022
- April 6, 2022

Recruitment:

SHAC is focused on parent recruitment to the committee through social media, GISD PTA through the Family and Community Engagement department, and the Health and Physical Education department. Applicants may apply for membership through the SHAC member application.

[GISD SHAC Member Application](#)

American Heart Association Presentation:

The American Heart Association representative, Jenny Eyer, presented on vaping in schools.

- Vaping in 2020 has made significant improvements.
- 1 in 4 or 1 in 5 youth vape. Helping youth understand vaping is the same as e-cigarettes in harmfulness.
- Policies in TEA etc. have not caught up with the problems with vaping.
- AJ is looking to districts to help find solutions.

AHA is focused on 2 things:

1. Addressing policies in school districts - for example no vaping on field trips, dances, substitutes cannot vape, etc. Creating all encompassing policies.
 2. Take a more supportive approach to repercussions - vaping = suspension.
 - a. How, instead, can we support those who are addicted? Help in the addiction! Rather than suspending on the first infraction, give support to help. 2nd infraction? More support, then suspend.
 - b. Richardson ISD is working on the supportive approach now.
- How can we get the buy-in to this concept? How can we bring this to the school board and to principals?
 - There are grant funds to help with training staff in new policies.
 - There are conversations at the national level, and we are working on the state level.

Water access is important!

- Less sugary drinks!

- Policies put things in stone and ensure consistency over time when a person leaves.
- Water filling stations are better than water fountains.
- Local Council of PTAs might be a good connection.

Department Updates:

Nutrition

All student meals are free again this year. Enjoy it while you can!

- National school lunch week, pink out day, collaboration with LCHS and other campuses to increase nutrition awareness.
- Follow us on social media to learn more.
- Virtual students are not a part of the free food program.
- Thanksgiving meals can be found in community organizations.

Health Services

Vaccines update.

- Vaccines approved for students from age 5.
- They will give shots during the day as well as on Saturdays
 - Talk to the doctor to see if it's not contraindicated.
 - Evidence shows it's a safe vaccine.
 - It's a lower dose for kids.
- COVID numbers are going down.
- Rapid testing is short.
 - Anyone can go to get tested - includes staff members and family members.
 - They have placed the order for the vaccines.
 - We often get vaccines before some places like CVS since we have our own health authority.
- Passport vaccines available (Moderna).
- Individuals who received a vaccine from Mexico must start over in the US.

Employee Wellness

Wellness updates.

- Financial wellness continues.
 - Free to employees.
- Retirement planning.
 - They cannot sell to staff.
 - So, it's legitimate help with no pressure.
- AHA awards - we got GOLD!
- Applied for a foundation grant to help spruce up break rooms.

Family & Community Engagement

Hope and Help for the Holidays is November 9th at 7:00 PM per Jonathan Armstrong. We need help publicizing the event. 5 loaves, Salvation Army, etc. will be there.

Health & Physical Education

Instructional Adoption Committee has been formed and conducted their first meeting on September 23, 2021 virtually. The instructional adoption committee is formed to select new health and physical education instructional resources for the 2022-2023 school year.

➤ [Proclamation 2022](#)

The SBOE issued *Proclamation 2022* at the April 2020 meeting to call for health and physical education instructional materials. The adoption of materials under Proclamation 2022 is scheduled to occur in November 2021. The adopted materials are scheduled to go into classrooms in the 2022–23 school year.

- Proclamation 2022 Pre-adoption Samples
- Proclamation 2022 Publishers with Materials Under Consideration for Adoption (PDF)
- Region 10 Proclamation 2021 Health & PE Showcase
[Proclamation 2022 Health & PE Region 10 IMA Showcase](#)

- The Instructional Adoption Committee would like to add members from the SHAC committee and district personnel to serve in the adoption process. The additional members include members from the following departments: SHAC parent representative, counseling (SEL), digital technology, health services, and wellness. Elizabeth Kiertscher from the wellness department has already agreed to serve on the committee.
- All items discussed in the committee will be brought to the SHAC.

New Health & PE TEKS and courses introduced.

- New TEKS have been adopted for the 2022-2023 school year that will align with the new courses. New high school health courses include Health I, Health II, and Your Health in the Real World. New high school physical education courses include Lifetime Fitness & Wellness Pursuits, Lifetime Recreation and Outdoor Pursuits, and Skill-based Lifetime Activities. New high school physical education courses will be full year courses worth 1 credit hour. This is different from former PE courses that were one semester and worth a .5 credit hour.
- The HPE Coordinator plans to meet with Tiffany Gilmore (counseling department) in November to review subject changes, SEL, and TEKS.

SB9 - Prevention in Health Education

Relating to public school instruction and materials regarding child abuse prevention, family violence, dating violence, sex trafficking, dating violence prevention (through the adoption of public school policies).

[87\(2\) SB 9 - Enrolled version](#)

- Must have parent approval (letter home for parents to opt-in)
- Must adopt/write curriculum for topics listed above.

HB1525 - SHAC Protocols & Opt In (for Reproductive Health)

House Bill 1525 Section 7. Section 28.004, Education Code amends local school health advisory council requirements. Amendments include but are not limited to post notice of the meeting at least 72 hours in advance on each district campus and the district website, create an audio or video recording of the meeting, post the recording and minutes on the district website no later than 10 days after the meeting, the board of trustees must adopt curriculum materials for the district's human sexuality instruction, the district must provide written notice to all parents of students enrolled in the district on human sexuality instruction, obtain parent written consent for student participation in human sexuality instruction no later than 14 days before instruction begins, and make the human sexuality curriculum available digitally while abiding by copyright laws.

87(R) HB 1525 - Enrolled version (pages 5-10)

Communicating to CATCH Teams (coordinated school health required for K-8)
LeeAnn will update the CATCH CANVAS course to share information to all Health & PE teachers and CATCH team members (principals, nurses). We are open to utilize various platforms to get information out. Shot clinics, child nutrition, etc., can be promoted in various forms. Google classroom is another option. We will try Canvas and if by December it doesn't work, we will try something else.