



## 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 Thursday, September 22, 2022 from 12:00-1:36 PM virtually and in-person at the GISD PDC.

### **Meeting Attendees:**

Virtual: Christy John Beltz, Christy Hedgecock

In Person: LeeAnn Stephenson, Liz Kiertscher, Laura Vayda, Nancy Paschal, Beth Harshman-Martinez, Sabrina Jeter, Lisa Olsen, Bry Mabry, Renee Kotsopoulos, Jennifer Miller, Jonathan Armstrong, Craig Hempel, Veronica Davis, Sheri Thompson, Roy Plascensia, Henley Walker, Chantal Monnier, Megan Farmer

### **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:**

To be established in the November SHAC meeting.

### **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 for the 2022-2023 school are scheduled as follows. Meetings will be conducted virtually and in person.

- September 22, 2022
- November 2, 2022
- February 8, 2023
- April 12, 2023

**Recruitment:**

SHAC is considering additional parent recruitment to the committee. The committee will vote to come to a decision.

**Meeting Information:**

Lunch was served. The SHAC committee's initial meeting of the year was a little later than usual due to Harris Hill renovations and limited meeting spaces. In person introductions and online introductions were conducted.

**Committee Updates:*****Health & Physical Education - LeeAnn Stephenson***

- 2022-2023 SHAC Meeting dates & times (virtual and in-person)
  - ◆ Sep. 22 2022, Nov. 2 2022, Feb. 8 2023, Apr. 12 2023
- New Student Health Advisory Council and education laws and updates are ongoing and will often change. Therefore, we shift accordingly. Our goal is to always do what's best for our community.
- Presentation of the description and purpose of SHAC was shared.
  - ◆ Advisory committee consisting of GISD community, district employees, and parents appointed by the Board of Trustees.
  - ◆ Purpose: TEA requirement to address physical and health needs of students.
  - ◆ Responsibilities - Must hold 4 meetings, consider the recommendations before making change in health ed, provide annual report to Board of Trustees.
  - ◆ We recently added a new curriculum and ensured resources were presented and approved. This new adoption was based upon new laws and was the first in 15 years.
  - ◆ 8 Components of Coordinated School Health were described.
- The Student Health Advisory Council is on the district Coordinated School Health website. It can be found through a simple search on the search bar.
  - ◆ All SHAC annual reports and other information related to SHAC are shared on the CSH page.
- Noted the law states that the SHAC meeting agenda must be posted 72 hours in advance.
- Recordings will be embedded on the posted meeting minutes.

- Meetings will be both in person and virtual.
- Instruction for child abuse, sex trafficking, sexual abuse for grades 3-12 will begin in November. High school will conduct HSR instruction again in the Spring.
- HB1525 - Requirements for SHAC - We constantly seek more parents and would like to add a student and a teacher to the committee. We may want to reach out to CTE Health Services to see if there is a student who might benefit most from serving on the SHAC.
- Senate Bill 9 - Social media is miscommunicating information per Liz.
- Question from Jennifer: Have we always had an opt in letter?
  - ◆ No. Typically the letter has come from teachers in health classes and included an opportunity to opt out.
  - ◆ The law outlines how districts shall allow parents to review human sexuality instructional materials. This has always been written in law.
  - ◆ A written request must be sent to the campus principal. Campus principals will submit a request via Google form. The form is sent to LeeAnn who shares the information with parents to complete the curriculum request.
- The Annual Health Human Sexuality & Responsibility Parent Notice Letter went out to all students in grades 3-12 on September 2 via Skyward, the HSR Parent Opt-in Letter went out on September 7 via Skyward, and opt-in responses immediately began to be received.
- Health & physical education adopted new TEKS and instructional materials for the 2022-2023 school year. Health Human sexuality & responsibility instruction will be in grades 3-5 (PE now includes Health in K-5), grades 6-8 (health mostly-only taught in grade 6 in middle school), and high school in Health 1 class.

### ***Health Services - Renee Kotsopoulos***

- Focused on students catching up on vision and dental referrals.
- New programs are starting and they are contacting parents to ensure they get resources so they can get back in class.
- We have some rapid testing on campuses but we will no longer have central testing sites due to lack of funds.

### ***Family & Community Engagement - Jonathan Armstrong***

- Training data clerks and office staff to ensure they know the difference between visitors and volunteers (for services to students or teachers).
- The word needs to get out to parents and volunteers to complete an application so they can volunteer.
- Jonathan will speak at the PTA delegate meeting in Oct.
  - ◆ We are working on resolving if a person is a PTA member and a volunteer?
  - ◆ They are scheduled first and third Tuesdays of each month. Security is training on SRP (lock down info, etc.).
  - ◆ It is highly recommended that volunteers attend.

- ◆ The training is from the I Love You Guys foundation. ***Get the word out please.***
- ◆ First two PTA events were attended well, but attendance has dropped off.
- Parent university is in November covering choice of school, attendance, bullying prevention.

### ***Student Nutrition - Craig Hempel***

- New software installed to create student accounts, add money, and apply for free and reduced lunch.
- Can use the app on your phone.
- Recently hired a new chef, so you will see new fun recipes for students.

### ***Risk Management - Sabrina Jeter***

- Provided student injury and athletic insurance is Monarch Management Insurance. They work with student services to get voluntary insurance. It can be primary or secondary insurance.
- It works with all sports/activities in the case of injuries.
- Need to strategize how to advertise purchasing this insurance which is \$90 per year.

### ***Employee Wellness - Liz Kiertscher***

- Wellness Vaccination season clinics are ongoing. They are working with the same vendor this year.
- They will continue through October.
- Mammogram screenings are coming up.
- Staff survey in Spring and Fall on wellbeing, culture, etc.
  - ◆ We will create an action plan to improve culture with results.
- EAP is on the rise along with financial wellness.
- Nutrition and other fun activities are ongoing. Rowlett Elementary hosted an event yesterday.

### ***Guidance & Counseling - Lisa Olsen***

- Several counseling crises over the past few weeks.
- We've been supporting and working with Wellness to get help to students and staff.
- The 988 number was rolled out as the new Mental Health crisis number from the National Suicide Hotline.

### ***American Heart Association - Bry Mabry***

- Bry Mabry is the Community Impact Director for AHA.
- AHA 5 initiatives: CPR, Tobacco free, security, nutrition, hypertension.
- We are working to update the tobacco free policies in handbooks.
- The American Heart Association can bring tools to us to help prevent tobacco.
  - ◆ Examples of restorative vape/tobacco offenses:

- ◆ First offense with a vape pen is to not suspend. Get them back in class by helping them break their habit.
- ◆ We may want to review as a SHAC committee. Regionally we could be the first in North Texas to support it.

### ***Parent Feedback***

Questions/reflections/updates?

- Megan Farmer - Feel like there should be one streamlined form of communication due to lack of knowledge about some of the communication shared.
- Skyward would be great since they are familiar with it.
  - ◆ Links to websites could be helpful.
  - ◆ She shared she was the one that posted online with the big issue regarding human sexuality instruction on FB.
  - ◆ Post was very simple saying she gained access to the curriculum and many comments followed. Most were respectful. Objective was not to cause a problem. Posted as she felt many others had questions.
- Stated the Facebook parent page might be another venue for sharing. A lot was learned today and she felt better after attending.

### **Closing Meeting Information:**

- Lunch was served. The SHAC committee's initial meeting of the year was a little later than usual due to Harris Hill renovations and limited district meeting spaces. To begin the meeting, in person introductions and online introductions were conducted.
- Question was posed by a parent about the posting and notification process about SHAC and membership. LeeAnn Stephenson communicated that the SHAC membership application opened on August 8, 2022 after communication to the GISD Board of Trustees, it is posted on the district website, shared with each campus to post and recommend, shared on social media, and noted in Annual Health HSR parent notification letter.
  - ◆ A parent inquired about the posting on the Facebook Parent Group page. Items noted above were highlighted. Also, all GISD departments or committees may not use Facebook as their communicative platform. The GISD Health & Physical Education Coordinator uses Twitter (@GISD\_PE) to post SHAC updates. Moreover, some social media or parent-led groups are passionate and may not be the best method to engage or post directly as a district employee. It is recommended that parents get factual information from legit sources and disseminate the information.
  - ◆ The parent noted that they were barely able to complete the SHAC application to join due to the quick deadline. Stated that the application should be more accessible. Also stated the curriculum should be open, regardless of grade level. The procedure to review curriculum was shared along with the law and district policy.

◆ **Parents are required to contact their student's campus principal/campus to make a formal request to review curriculum.**

Administrators have been provided a form to submit these HSR curriculum review requests. This helps to track the requests and assure all inquiries are addressed. Below is the law for parent curriculum review requests. Administrators will complete the form for each parent's HSR curriculum request and the Coordinator Health & Physical Education will follow up with the parent on their request.

◆ **Curriculum Review**

*According to state law and district policy, parents may review curriculum at their student's campus (or by electronic means when available) during regular hours of operation of the campus following a written request to the principal.*

→ Discussion was posed to increase SHAC membership.

- ◆ Parent recommended student and teacher additions at a ratio of 3:1.
- ◆ LeeAnn Stephenson noted that the committee would need campus principal buy in for teacher(s) and students to attend.
- ◆ The Google form is the best way for us to share the SHAC application and capture information. The application deadline was aligned to what was communicated to the GISD Board of Trustees and typical initial year's meeting date as we typically meet early in the school year. The meeting was delayed in September due to meeting space availability. Our current meeting space holds 50 people and we can host additional attendees online.
- ◆ Jonathan Armstrong recommended we open up the application process so more parents can join, thereby making us meet the SHAC requirements. SHAC law and policy states the board shall recommend 5 members. We do our best to comply with all laws and policies. Although the requirements are always shared, we have yet to meet the parent requirement despite recruiting through various methods.
  - The SHAC Committee Chair will share opportunities to vote on requested items (re-open SHAC application, how many SHAC members in total, how many parent members vs members, student/teacher recruitment) prior to the next meeting. Jonathan Armstrong shared we can present at the Council of PTA to recruit additional members. Noted members could take the information back to their campus PTA to spread information.

→ Next meeting: Set Goals for 2022-2023 Student Health Advisory Committee

- ◆ Review 2022-2023 SHAC recommendations

Meeting adjourned at 1:36 PM

**Meeting Recording:**

[SHAC Meeting Recording - 9.22.2022](#)