



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 Friday, February 17, 2023 virtually and in-person at the GISD PDC (Shugart Professional Development Center).

Meeting Attendees:

LeeAnn Stephenson	Jessica Chester	Leilani Dodgen
Laura Vayda	Renee Kotsopoulos	Marcy Vu
Nancy Paschal	Jennifer Miller	Kim Thiehoff
Beth Harshman-Martinez	Craig Hempel	Bob Duckworth
Sabrina Jeter	Christy Hedgecock	Clayton Stanley
Christy Adams	Sheri Thompson	John Beltz
Lisa Olsen	Sophia Green	Danny & Liz Salazar

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.

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.

Agenda:

[Agenda SHAC Meeting - 2.17.2023](#)

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 17, 2023 (*date change*)
- April 12, 2023

Goals:

- The SHAC reopened the 2022-2023 membership application to recruit and increase parent membership on the committee.
 - The Fall SHAC parent-member recruitment yielded 17 new applicants.
 - SHAC will vote to accept new SHAC parent and teacher applicants.
 - Vote will confirm the SHAC committee member total.
 - Current SHAC members will participate in a digital survey to vote to accept new members and committee members total.
- SHAC Members
 - 17 new applications received (parents and teachers included)
 - Committee will determine how many members will make up the committee by electronic vote of current members.
 - Electronic vote will allow current members to accept all new applicants.
 - The SHAC member application reopens at the beginning of each school year for new applicants.
 - Sophie Green asked to confirm that she is on the mass email list as a current member.
- P.A.P.A.: PAPA Training available to public - Monday, February 20, 2023, 1-4 pm, LCHS

Recruitment:



The reopening of the SHAC member application produced 17 new applicants. The committee will review and vote to accept new applicants. The initiative to increase parent recruitment and membership to the SHAC was successful.

Meeting Minutes:

12:00 Lunch was provided.

12:05 Welcome and in-person and online introductions were conducted at 12:05 p.m.

12:13 To open the meeting, LeeAnn Stephenson overviewed the definition of coordinated school health, the purpose of the SHAC, and reviewed upcoming meeting dates. The next SHAC meeting will take place on Wednesday, April 12, 2023 at 12:00 p.m.

12:17 Review SHAC Goals (see above). Review Outdoor Education curriculum resources/programs.

12:18 New SHAC Applicants (see Goals above)

12:30 Outdoor Education - Has not been taught in GISD physical education for some time. The State (TEA) approved and rolled out new TEKS for the Outdoor Education course.

- Played video for Outdoors Tomorrow Foundation (Outdoor Adventures).
- Reviewed the Texas Parks and Wildlife Department (Connect2Texas) website. Organization has a large video library on youtube, but currently unclear about what the curriculum looks like for the teachers.
- LeeAnn Stephenson will reach out to have representatives come talk to the SHAC about their programs and curriculum.
- This course and curriculum is an additional class offered to high school students to provide more options for PE credit required for graduation.
 - Course is currently only offered for high school.
 - If successful, the goal would be to extend down to lower levels as a GISD model (middle and elementary schools).
- Offers great SEL opportunities for students who otherwise have no connection to the campus with the Outdoor Education course.

Virtual Inquiry

Is there a way to encourage teachers to not give out candy as a reward in schools?

We do have CATCH teams on each K-8 campus. That team's focus and requirement is to teach coordinated school health curriculum and initiatives, which promote health and wellness. Our CATCH teams or SHAC can promote healthy snacks and rewards for



healthier choices. As a reminder, principals have ultimate influence over each campus and what they allow or promote.

Department Updates:

Health & Physical Education - LeeAnn Stephenson

- PAPA Training - PAPA training is available to the public on Monday, February 20, 2023, 1-4 pm, LCHS.
- HSR - As required by the State, the Health Human Sexuality & Responsibility Annual notice went out to all parents September 2022 (even K-2). HSR has been implemented according to the designed schedule in the Fall semester.
 - High school Health is a one semester course and will teacher HSR each semester.
- ADA: Project Power (American Diabetes Association - The project was implemented in Elementary PE during the Fall of 2022. K-5 PE completed the program and our district Elementary PE department received a total of \$70,500 in funds for PE equipment and resources. That's \$1500 for each campus! LeeAnn Stephenson and Renee Kotsopoulos will present the financial part of the program to the board this month to be able to distribute the funds to campuses.
 - The Board approved and funds are being distributed to campuses.
- Senate Bill 435 - Focuses on opioid instructional curriculum for appropriate grade levels. Newly adopted curriculum includes information about illicit and illegal drugs currently . We may be already meeting these requirements per the new TEKs, but we will review and evaluate the new law and our current curriculum.

Student Nutrition Services - Craig Hempel

- Menu advisory committee meeting will take place on 2/27 at the Padgett Building at 5pm. The meeting is open to anyone and adults are encouraged to bring students.
 - Sample menu items will be provided to get feedback.
- National School Breakfast Week will begin the first week of March.
- Nutrition Focus Groups will take place on campus.
 - Surveys and discussions with students will take place to see what they like and don't like.
 - Reviewing what will be on menus next year.

Health Services - Renee Kotsopoulos

- GISD opioid preparation.



- Opioid Antagonist - Narcan (Naloxone) provided on each secondary campus, and SROs carry Narcan on their person.
- Fentanyl awareness campaign with multi-department participation.
 - No good data on how this is affecting our community at this time as we don't get data for fentanyl use outside of school.
 - The police are working on a better way to collect data.
- Increasing number of staff members trained in CPR and choking.
 - Evening and daytime classes provided.

Risk Management - Sabrina Jeter

- No updates

Guidance & Counseling - Lisa Olsen

- GISD has been ahead of the 8 ball as we have been proactively educating our staff and students about drugs.
 - Reality is, the US is in a fentanyl crisis.
 - Students are not taking fentanyl on purpose, they are taking a drug laced with it unknowingly.
 - Public service announcements are going out soon in English, Spanish, and Vietnamese.
 - Let Lisa Olsen know if you have any ideas or questions about how to help with the fentanyl crisis.

Employee Wellness - (vacant)

- The Go Red campaign is taking place on February 24, 2023.
 - T-shirts are delayed but are being delivered soon.

Parents & Community

- JR Chester - Healthy Futures in Texas has an upcoming webinar on Inclusion for Children with Disabilities hosted by an occupational therapist.

Closing Meeting Information:

- SHAC members will electronically vote to accept new members in the upcoming weeks. New members will be contacted via email.
- Stay connected to the GISD Coordinated School Health website for more SHAC updates.

Meeting adjourned at 1:16 PM



The Next SHAC Meeting will take place on Wednesday, April 12, 2023 at 12:00 PM at the PDC and online for virtual attendees.

SHAC Members:

LeeAnn Stephenson - Health & PE	Nancy Paschal - Health Services	Bry Mabry - American Heart Association
Jessica Chester - Parent	Amanda Hemmeline - Parent	Christy Hedgecock - Parent/Sub
Beth Harshman-Martinez - Parent	Laura Vayda - Health Services	Veronica Davis - Parent
Craig Hempel - Student Nutrition Services	Jennifer Miller - Student Nutrition Services	Sheri Thompson - Parent
Renee Kotsopoulos - Health Services	Lisa Olsen - Counseling	
Christy Adams - Employee Clinic	Jonathan Armstrong - Family & Community Engagement	
Liz Kiertscher -Parent	Sabrina Jeter - Risk Management	

Meeting Recording:

[SHAC Meeting Recording - 2.17.2023](#)