



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, April 12, 2023 virtually and in-person at the GISD PDC (Shugart Professional Development Center).

Meeting Attendees:

LeeAnn Stephenson	Jessica Chester	Kim Thiehoff
Laura Vayda	Renee Kotsopoulos	Dr. April Givens
Nancy Paschal	Amanda Esquivel	Clayton Stanley
Beth Harshman-Martinez	Craig Hempel	John Beltz
Sabrina Jeter	Christy Hedgecock	Megan Farmer
Scot McClure	Sheri Thompson	Virtual Guest - Name not provided
Lisa Olsen	Sophia Green	

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 - 4.12.2023](#)

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

Meeting Minutes:

12:00 Lunch was provided to in-person attendees.

12:08 Meeting was called to order by LeeAnn Stephenson. Reminders were provided to access SHAC information on the Coordinated School Health page on the GISD district website.

12:09 Meeting recording reminder was provided.

12:10 Communicated April 12th is the last official SHAC meeting of the 2022-2023 school year. The role of the SHAC 8 components of coordinated school health were reviewed in the presentation linked in the agenda. New members were reviewed.

12:15 Scot McClure from Outdoor Adventures presented.

Presenter:

Outdoor Adventures - Scot McClure

Outdoor Adventures is a K-12 outdoor PE program provided at the high school level for the Lifetime Recreation and Outdoor Pursuits course.

- There is a need for students to engage in outdoor activities, in particular, those with ADD. Outdoor Adventures encourages outdoor preservation.
- Outdoor Adventures are focused on outdoor activities, not games like cornhole. Students are also exposed to jobs they might find interesting. STEM is integrated, cross-curricular activities are introduced, and community service is a part of the Outdoor Adventure system.
- TEKS are included in the Outdoor Adventures curriculum. There are 290 lessons with distance learning included. 360 slide decks are being created to make learning more interactive and aligned to instruction.



- Scot McClure conducted a fishing pole demonstration and reminded us that many students are totally unaware of how to use outdoor tools. He noted that archery is a safe sport with scholarship opportunities. For example, Mesquite ISD has a team.
- Teacher training is free.
- Individuals can get a boat safety certificate for free.
- Districts or campuses must purchase the equipment for the course.
 - Glenn SESCO, a GHS Ag teacher has used Outdoor Adventures in his Ag program. Therefore, GHS has equipment, but it was communicated that the teacher's class is going away.
- IMPORTANT: LeeAnn noted Outdoor Adventures is the only curriculum available for this course.
 - GISD may make the decision to offer the course in middle school as an elective.
 - The course could be offered as a high school credit elective for middle school PE.
 - Scot McClure noted that UIL will allow athletes to take the outdoor PE class at the same time as athletics.
 - Allen, Mesquite, Rockwall, Richardson, Plano, and most neighboring school districts have the Outdoor Adventures program and curriculum.
- Outdoor Adventures is a non-profit that can get funding from donors for Collin County schools.
- Program Costs: \$5,250 for the big package, or smaller package for \$1,250 - you can buy multiple packages for more than one campus.
 - All updates are free and staff training is free.
- 90% of Girls Archery scholarships go unfilled according to Beth, parent.

Department Updates:

Health & Physical Education - LeeAnn Stephenson

- LeeAnn noted that physical education is a graduation requirement, students excel and perform better when students can choose PE class that suits their interests best. She described various PE class options that include both indoor and outdoor options. We may schedule future presentations for the SHAC so we are informed and ready to present the curriculum to the Board for approval.
- TEA Health Survey - All departments in the SHAC collaborate to make sure it is completed and submitted to the TEA by the due date. In Liz's absence, we will all need to work together to complete it.
 - Question: Which groups are represented on the survey for the SHAC?



- Include campus recess restrictions, E-cigarettes, Suicide Prevention, Coordinated School Health, etc.
 - Link to Health Survey provided in presentation.
- Technology is being audited to ensure curriculum can be executed effectively, specifically in Elementary PE. New curriculum includes interactive music/games to execute lessons and require technology.
- Equipment: The lack of equipment has been an issue for years in GISD. We, as a SHAC are trying to push this need to the top of the SHAC Report.
 - LeeAnn noted the goal is to implement a 3-5 year plan to get all levels what they need. The 47 elementary and 2 Pre-K schools are the focus.
 - Some campuses have already invested in technology. The goal is to be consistent and equitable.
 - Question: Is PE a line item on each campus? Depends on the campus. Therefore, we are trying to get district funds to cover some of the needed items to align with curriculum and meet the TEKS.
- Senate Bill 435 - Opioid antagonists and overdoses covered in Health Services and Counseling.
 - Instruction in Health I, a high school course, covers illicit and illegal drugs including opioids.
- American Diabetes Association / CVS - Program focuses on trying to stop diabetes by educating the youth. Campuses were awarded a total of \$70,500 in funds for completing the program. Each of the elementary campuses received \$1,500 each to purchase PE equipment and resources.
- SHAC Goals:

Goals included adding students, staff, and parents to the SHAC. Focused on increasing members, accepting new members, approving the outdoor education curriculum, submitting the SHAC annual report, and increasing Board knowledge and alignment.

 - Question: Do board members read the report? We cannot confirm what individuals do, but we can control submitting the Annual SHAC Report on time, having our report be focused on our priorities, and presenting it to the Board.
 - Last year our curriculum was approved. It was a lengthy process and the Board listened, learned, and approved it.
- CATCH is the coordinated school health program we use in GISD that is required by the TEA.
 - Our K-8 programs must establish a CATCH team (including 1 administrator, 1 nurse, and 1-2 HPE teachers, teach the CATCH



curriculum, and execute 2 CATCH events, 1 in the Fall and 1 in the Spring, each year.

- Surveys are sent to campus CATCH team leads to ensure they have adhered to State requirements.
- Question: Is SHAC information presented to the board publically? Yes, board meetings are public.
- Question: If we want to be on the SHAC again next year, how do we apply? Applications will reopen in August when school begins. We typically meet the first Wednesday of the month, and the first meeting is in September.
 - LeeAnn posed the question, “Should we open the application in July instead of August?”
 - This may increase parent involvement. We could officially open the application during the second week of July through August to give close to 60 days for people to apply.
- The SHAC report will be presented in August. Last year we were getting instructional materials approved, so we presented the report after that was complete.
 - We may present the report in June or July this year. We would like to add community members and students to the committee next year .

Student Nutrition Services - Craig Hempel

- See linked flyers.

Health Services - Renee Kotsopoulos

- Renee presented that Shrade clinic assistant was named **Paraprofessional of the Year**.
- Anti-opioid - Narcan will be on every campus soon.
 - We currently have 2 doses on each campus. We believe that may not be enough, in particular, on secondary campuses.
 - We had no data in the past because we haven't given narcan in the past. GISD will have data moving forward, but we have no record from paramedics.
 - We keep records of epipens, and all medications.
- Dental - TX A&M is coming out to give sealant treatments to students - 10 campuses were served and it was based on location and need.
- Completed several vision outreach events.

Risk Management - Sabrina Jeter

- No updates



Guidance & Counseling - Lisa Olsen

- Information regarding suicide prevention shared at tonight's Bond Meeting.
- April is Child Abuse Prevention Month.
 - If you suspect abuse, you report it.

Employee Wellness - (vacant)

- Care Solace for all mental health needs.
 - Flyer was presented and qr code provided to sign up.
 - All families are invited to use the services.

Parents & Community

- Parent University at Webb Middle School on May 9th.
- Bond meeting 4/12 at Garland High School.

Closing Meeting Information:

- ➔ Stay connected to the GISD Coordinated School Health [website](#) for more SHAC updates.

Meeting adjourned at 1:40 PM

This was the final SHAC meeting of the 2022-2023 school year. Check the Coordinated School Health page on the GISD district [website](#) for SHAC updates in the future.

SHAC Members:

[2022-2023 SHAC Members](#)

Meeting Recording:

[SHAC Meeting Recording - 4.12.2023](#)